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VULNERABLE SIDE OF THE MATERIAL GIRL

MADONNA'S FIRST ALBUM IN FOUR YEARS GETS LISTENERS INTO THE GROOVE: REVIEW PAGE 16

CALGARY metro®
Tuesday, March 27, 2012
News worth sharing.
metronews.ca | twitter.com/metrocalgary | facebook.com/metrocalgary

The writ is dropped

Election call. Party leaders ready to go on the hustings

1. Premier Alison Redford issued an election writ Monday. **2**. Alberta Party Leader Glenn Taylor has 26 confirmed candidates. **3**. Brian Mason, leader of the Alberta NDP, was the first to field a full slate of candidates. **4**. Liberal Leader Raj Sherman started campaigning with 73 candidates. **5**. Danielle Smith, Wildrose party leader, launched her campaign in front of the Alberta legislature Monday.

ALL PHOTOS FROM THE CANADIAN PRESS

Alberta goes to the polls on April 23

It's go time. Five main parties will now vie for voters in the lead-up to a late April election date

Alison Redford, seeking her first public mandate as premier of Alberta, is sending voters to the polls April 23.

A smiling Redford made the walk Monday down the legislature's third-floor marble hallway, past the portraits of the province's previous premiers, to Lt.-Gov. Don Ethell's office, where she asked him to sign the writ dissolving the government and calling the election.

"We've met before but never under circumstances like this," Redford said to Ethell, who presided over her swearing-in ceremony as premier late last year.

Redford's Progressive Conservatives are gunning for a 12th consecutive majority dating back to 1971, but it promises to be a bitter fight.

The Wildrose party under Leader Danielle Smith has grown in popularity in recent years by staking claim to the traditional Tory turf of balanced budgets and landowner rights, and accusing the Tories of overspending.

The Liberals under new Leader Raj Sherman are promising to balance the books by increasing taxes on the wealthy, while cutting tuition for students, reducing the size of government and adding more long-term-care beds to reduce long wait lines for health care.

The New Democrats under Brian Mason promise to fight for fixes to health care. They also plan to push for a re-regulated electricity system to reduce Albertans' power bills.

Glenn Taylor's upstart Alberta Party has 26 candidates and is running on a centrist platform of more democratic transparency, reduced red tape for business and health care that focuses on prevention rather than just treatment.

THE CANADIAN PRESS

Online info

- To find out where you will be voting, or to see if you're registered to vote, visit elections.ab.ca.
- You can also check out Elections Alberta on Twitter @ElectionsAB

TAX TIPS № 40

Claim your children's arts credit on your 2011 tax return.

A new non-refundable tax credit (based on eligible expenses of up to $500 per year per child) means parents with children under 16 years of age, who participate in paid artistic, cultural, recreational and development programs may be eligible for a deduction of these fees on their 2011 tax returns.

This tax tip brought to you by Alberta's Chartered Accountants. For more information, or to see all 62 useful tax tips, please visit:

www.albertaCAs.ca

CA Chartered Accountants of Alberta

The Institute of Chartered Accountants of Alberta provides tax tips on an annual basis as a public service. The tips are intended to be used as general guidance. For specific advice about filing your 2011 tax return, please consult with the Canada Revenue Agency or your personal tax professional.

LITERACY AND LIFELONG LEARNING

"Live as if you were to die tomorrow. Learn as if you were to live forever." – ***Gandhi***

Imagine if you couldn't make sense of a simple street sign, read a prescription label or share a bedtime story with your child. For some Canadians all they can do is imagine because they lack the literacy and essential skills that many of us take for granted.

Statistics show that four out of 10 adult Canadians, age 16 to 65 — representing nine million Canadians — struggle with low literacy. They fall below level 3 (high school completion) on the prose literacy scale. It's a sad statistic but true. The good news is that there are hundreds of volunteer organizations across Canada that offer adult learners the opportunity develop their literacy skills and their confidence.

ABC Life Literacy Canada is a non-profit organization that inspires Canadians to increase their literacy skills, and offers resources and contacts for anyone interested in improving everything from reading and writing to math and computer skills. "We can connect adult learners with local literacy organizations for training in a wide range of areas," says Margaret Eaton, President of ABC Life Literacy Canada. "We're proud to have partnerships with more than 400 of these organizations across the country."

Organizations such as ABC Life Literacy Canada are dedicated to helping Canadians build essential skills to be successful in the workforce but also in life. "People want to increase their skills for a number of reasons, not only to find better jobs, but also to play a more active role at home, whether it's to gain a better understanding of household finances, help their children with homework or read a storybook to their grandchildren," says Eaton.

GOING BEYOND THE THREE RS

Although there is, and will always be, a focus on learning the three Rs (reading, writing and arithmetic), a new requirement has emerged — the need for more computer-literate workers.

"We've reached the end of many of the high-wage, low-literacy jobs in heavy industry and manufacturing," says Eaton. "For many businesses it's the knowledge-based jobs that will carry their companies in the future. These jobs require higher levels of understanding, writing and communicating."

LITERACY: A LIFELONG JOURNEY

For Eaton the power of literacy is clear. "Literacy is a wonderful tool that opens up a world of opportunities for individuals and allows them to engage fully and confidently in life's activities — whatever they might be. And learning is a lifelong journey that should never end."

For more information, visit ***abclifeliteracy.ca***

A SPECIAL WEEK TO CELEBRATE LEARNING

This year, the Canadian Commission for UNESCO has declared March 24 to April 1, 2012 as (International Adult Learners' Week). Celebrated in Canada since 2002, International Adult Learners' Week is a celebration of the importance of lifelong learning and adult literacy.

LITERACY AND THE ECONOMY: HOW DOES ONE IMPACT THE OTHER?

Craig Alexander, Senior Vice-President and Chief Economist for TD Bank Financial Group, is a strong advocate for improving literacy levels in Canada. He is also a board member of ABC Life Literacy Canada, a national non-profit organization that inspires Canadians to increase their literacy skills.

Recently, Alexander talked about literacy and the Canadian economy. According to Alexander, the performance of an economy is driven by two factors: first, the size and skills of its labour force; and second, the ability of its economy to innovate through productivity improvements. Literacy is the cornerstone of skills development; it is the foundation upon which other skills are built.

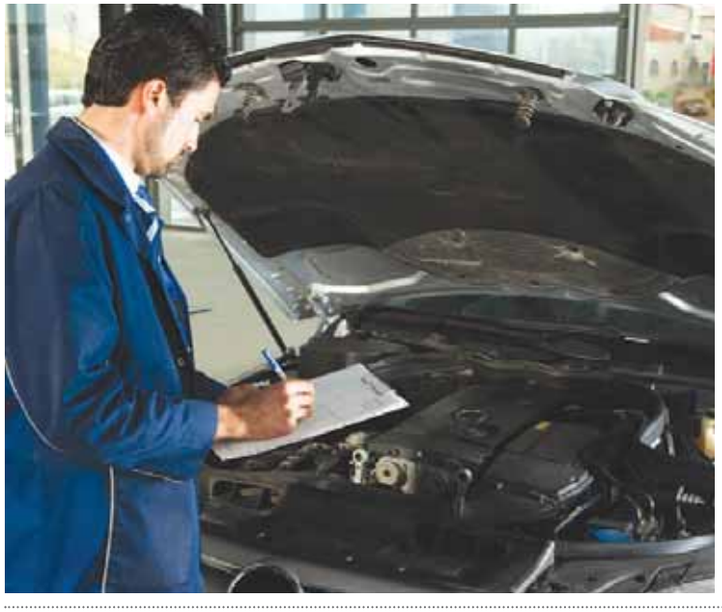
Alexander estimates that weak literacy skills could be costing the Canadian economy as much as $80 billion in lost economic opportunity. Improved literacy skills could create thousands of jobs and would materially help to reduce poverty in Canada.

WHAT CAN BUSINESSES DO?

"Businesses should be engaged in promoting literacy skills development," says Alexander. "This could be done, for example, by helping to fund skills training for employees. However, studies have shown that it is not the cost that is the main deterrent to skills development. In many cases, the individuals needing additional training have difficulty balancing work-life responsibilities."

Steel manufacturer ArcelorMittal Dofasco dealt with the work-life balance issue in a unique way. The company established an essential skills training program that was free to employees, who were also paid for half their time in the classroom. Employees enrolled in 12-class sessions where they were taught literacy, basic computing, keyboarding and business writing.

The most recent mass survey — the 2003 International Adult Literacy and Skills Survey (IALSS) published by Statistics Canada — found that 48 per cent of adult Canadians don't have the necessary literacy skills to achieve their full potential at work, at home and in the community.



SURVEY SAYS...

FROM THE RECENT METROPOLITAN PANEL SURVEY ABOUT LITERACY:

ALMOST 50 PER CENT OF RESPONDENTS SAY THAT THEY HAVEN'T RECEIVED ANY TRAINING OR PROFESSIONAL DEVELOPMENT IN THE PAST YEAR

ONL TI

Metropolitan Panel

Results courtesy of the Metropolitan Panel, an online research panel dedicated to dialogue with you!

ABC LIFE LITERACY CANADA: TRANSFORMING LIVES

ABC Life Literacy Canada has a clear vision — a Canada where everyone has the skills they need to live a fully engaged life. It's this vision that the national non-profit and its many supporters and ambassadors have been working tirelessly towards for more than 20 years.

With a focus on inspiring Canadians to increase their literacy skills, the national non-profit organization focuses its efforts on moving the cause forward. The organization connects and mobilizes business, unions, government, communities and individuals to support lifelong learning through various programs, communications and partnerships.

SUPPORTING ADULT LEARNERS WITH RESOURCES ACROSS CANADA

Visitors to the ABC Life Literacy Canada website (abclifeliteracy.ca) will find a list of programs, useful resources and links, such as LEARN, that help adult learners and their families connect with literacy organizations in their area. LEARN, Canada's first national literacy campaign, has been running successfully since 1994. Thanks to The Yellow Pages Group™, LEARN has assisted learners coast-to-coast in seeking help to improve their literacy skills.

MAKING FAMOUS CANADIAN AUTHORS ACCESSIBLE TO EVERYONE

Adult learners who want to enjoy a great read from a best-selling Canadian author can check out Good Reads®. Through this program, learners can enjoy short books (10,000 to 12,000 words, about 100 pages), with easy-to-understand vocabulary and structure. Good Reads encourage reading practice, develop reading skills, and increase reading confidence. The list includes works of fiction from best-selling authors like Joy Fielding. There are also non-fiction choices including, *Easy Money,* written by financial literacy expert and TV star Gail Vaz-Oxlade.

HONOURING EXCELLENCE IN ADULT LITERACY

Each year, ABC Life Literacy Canada celebrates the achievements of exceptional learners and practitioners with four annual awards to honour excellence in the areas of journalism, learning centres, workplace literacy and corporate commitment.

For more information about ABC Life Literacy Canada, please visit ***abclifeliteracy.ca***

FAMILY LITERACY DAY

Held annually on Jan. 27, Family Literacy Day was developed by ABC Life Literacy Canada in 1999 to celebrate adults and children reading and learning together, and to encourage Canadians to spend at least 15 minutes enjoying a learning activity as a family every day.

LY 1/3 OF RESPONDENTS FEEL HAT THEY LEARN EVERY DAY

OF THE NINE ESSENTIAL SKILLS, RESPONDENTS FEEL THE GREATEST NEED FOR IMPROVEMENT IS IN CONTINUOUS LEARNING, COMPUTER USE, AND ORAL COMMUNICATION

! Sign up for the panel at **metropolitanpanel.ca**, choose your country and join the global conversation.

HELPING ADULT LEARNERS MOVE ON

For the staff at Alexandra Park Neighbourhood Learning Centre (APNLC), it's all about helping adult learners move on to "the next step."

APNLC helps learners develop skills in the areas of reading, writing, numeracy, digital technology, self-management and self-direction, and working with others. According to intake worker Katie McLeod, the support doesn't end there. "We also support learners in the process of applying for college and university programs, post-secondary and apprenticeship programs, volunteer positions, and various employment opportunities."

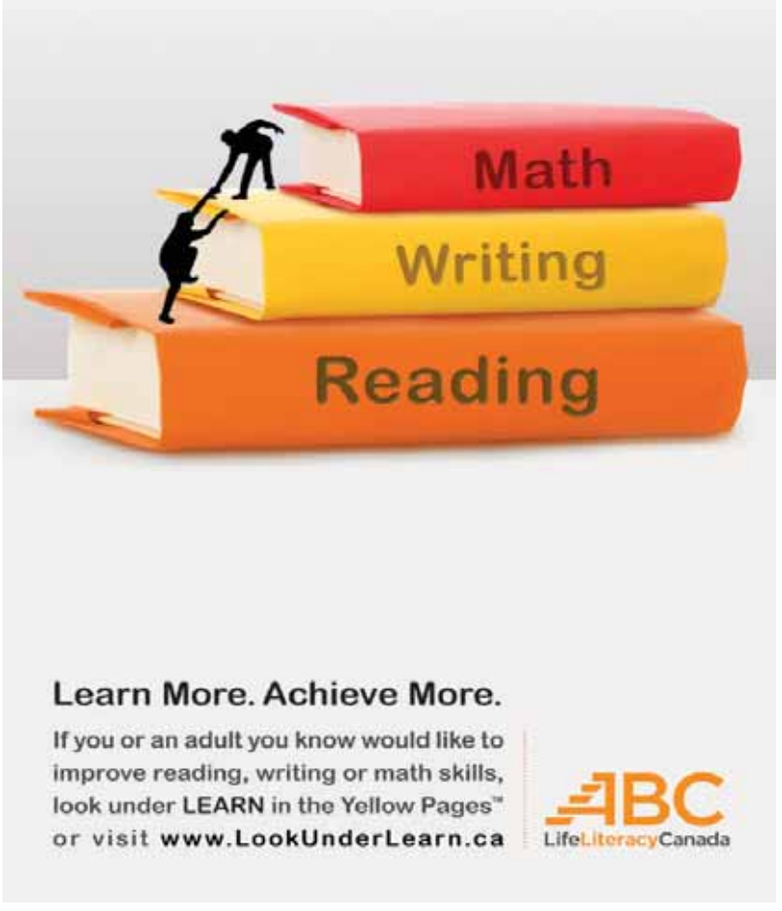
As an intake worker at APNLC, McLeod is the first person new learners meet when they start their programs. "I'm always struck by how incredibly strong they are and how determined to overcome the barriers they've faced and continue to face," she says.

"For many learners, an adult literacy program is the first place where they feel their innate talents and interests are recognized and encouraged to flourish. It may be the first time they feel excited about learning. Having the opportunity to work in this environment with these people has enriched my life in so many ways," McLeod says. "The adult learners I've met in our program have inspired me to pursue my own path of lifelong learning."

One of the adult learners she has been working with over the past few months is Anne Comrie, who immigrated to Canada from Jamaica 30 years ago. Comrie's goal in taking the literacy program at APNLC is to enhance her skills so she can pursue a college diploma. "The program offers so much," she says. "The support I receive from Katie and others at the centre is helping me enhance my reading, writing and comprehension skills and my computer skills. There are also Money Matters sessions that give valuable advice on how to manage my money." With everything she's learning, Comrie feels more confident about her skills and her prospects for the future.

HOW TO CELEBRATE

Do you need to improve your skills to land your dream job? Are you a new Canadian looking to improve your English skills? Call the Literacy Alberta Helpline at 1-800-767-3231 or visit www.literacyalberta.ca/helpline to find a free program that fits your needs.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ABC LifeLiteracyCanada

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Incredible journey

Microchip leads to 'wonderful' reunion

When their chocolate Labrador, Rivers, was snatched from a backyard in Fayetteville, Ark., the Parker family figured they would never see him again.

"We called every veterinary clinic, we called everyone," Mary Parker recalled. "We hung up flyers, went door to door — you name it."

As it turned out, a couple in Oregon innocently adopted Rivers through an acquaintance. On a recent trip to Calgary, the Oregon family lost track of the playful pup and he ended up in the hands of city animal and bylaw services.

Data from a microchip embedded under Rivers' skin when he was young revealed he'd been on quite an adventure.

"They called up my son … all I could say is 'You're kidding me,'" Parker said. "It's absolutely wonderful."

Rivers is scheduled to board a plane back to the U.S. late Tuesday, and Parker will be at the airport to greet him with open arms.

City bylaw boss Bill Bruce said the long-awaited reunion further reinforces the pet licensing program, which has steered Calgary to the highest return-to-owner and lowest cat- and dog-euthanization rates in North America.

"ID is the ticket home," he said. JEREMY NOLAIS/METRO

Rivers, on the Calgary leg of his journey. CONTRIBUTED

Sinéad O'Connor. Irish singer headlines Calgary Folk Music Festival

Irish singer-songwriter Sinéad O'Connor is taking the stage at the Calgary Folk Music Festival this summer.

Announced Monday morning during the festival's Leak of the Week, O'Connor will appear at the festival for the first time.

"I think someone like her who has had Grammy Award–winning singles and a 20-plus-year career, she's such an icon," festival spokesperson Johanna Schwartz said.

O'Connor will perform on the main stage on Saturday evening. The festival runs July 26 to 29.

Sinéad O'Connor
MARILIA OGAYAR/THE ASSOCIATED PRESS

KATIE TURNER/METRO

Kidnapping case. Accused in Sparwood abduction pleads guilty

Randall Hopley, who was charged with the abduction of a three-year-old boy from his home in southeast B.C. last fall, has pleaded guilty to two of the three charges against him.

During a video appearance on Monday in provincial court in Cranbrook, B.C., Hopley, 46, admitted to abduction of a person under 14 and break-and-enter with intent to commit an indictable offence.

He pleaded not guilty to a charge of kidnapping and the Crown is expected to stay that charge.

Hopley was accused of taking three-year-old Kienan Hebert from his home in Sparwood last September, setting off a Canada-wide manhunt.

Four days later, the boy was returned to the same home he was taken from, apparently unharmed, both physically and emotionally.

Hopley was arrested a few days later after police tracked him to an abandoned cabin on Crowsnest Lake, just across the border from the town where the boy lived.

THE CANADIAN PRESS

Horrific night on the roads sees three lose their lives

Fatalities. Calgary police are investigating three deadly collisions on Sunday

MEGAN MAHONEY
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Three crashes resulting in three fatalities within 90 minutes in the Calgary area amounted to a barrage of tragedy rarely seen by Calgary police.

The string of fatal wrecks began Sunday at 9 p.m. with a crash along Highway 1 just outside the city. It involved a motor coach and a pedestrian victim in his early 20s.

The second crash, at 9:30 p.m. on 17 Avenue Southeast, counted speed and alcohol as factors, police said.

A male driver in his 70s along with his two grandchildren, aged 12 and 15, were taken to hospital with serious injuries. The grandmother, who was sitting in the front passenger seat, did not survive.

A 30-year-old male driver of the other vehicle was taken into police custody and is facing eight charges for impaired driving, police said.

"It's like nothing the Calgary police have seen in recent memory," acting Staff Sgt. Greg Mercer said. "I've never seen three serious collisions within an hour and a half."

The third collision involved a 56-year-old male pedestrian on Hubalta Road Southeast. He was struck and killed by a pick-up truck, police said.

Aftermath

- The driver of the motor coach has been released and charges were not laid.
- The identity of the victims will not be released until the next of kin have been notified.

Acting Staff Sgt. Greg Mercer speaks to the public about the three traffic deaths that occurred between 9 and 10:30 p.m. on Sunday.
MEGAN MAHONEY/FOR METRO

1 NEWS

On the mobile

Analysts are calling it a "two-horse" race between Apple and Samsung as RIM's sales shrink and the lag time between its releases grows. Scan the code for the story

On the web

Madge's drug reference over the borderline, DJ says

Canadian electronic DJ Deadmau5 has entered into a high-profile feud with Madonna, calling the Material Girl an "idiot" after she appeared to glamorize drug use during a recent concert.
Get the full story at metronews.ca/video

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WORLDHEALTH.ca

Brian Wanamaker, seen on his computer at home, said he hates his father, notorious child pornographer Erik Wanamaker, inset, with "everything I have." CANDICE WARD/FOR METRO

'My father is the devil'

Son of notorious child pornographer recounts horrific upbringing

Part 2 of a five-part series

Predators in our midst: Metro's five-part look at child pornography — where it happens, why it happens and how we can stop it

Wednesday: 'Lives are being ruined' — sexual abuse takes unshakeable toll on victims

Thursday: 'Wake up' — how the community can stop predators

Friday 'Time for change' — government officials advocate to fight predators

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Brian Wanamaker didn't enjoy his upbringing, but he figured it was like any other.

His mother left when he was six, and his father, Erik Wanamaker, constantly degraded him and his brother.

"We were told not to cry, and if we acted out of line, he would pit us against each other, punch for punch," the now 32-year-old recalled.

"When you're young, you're not sure how a family's supposed to run. That's something your parents teach you."

When he was 12 and living in foster care, Brian learned of his father's first conviction on a sexual-assault charge involving a teenage girl.

From there, Erik, now 63, morphed into one of Calgary's most notorious child pornographers.

He was convicted of possessing sexual material involving minors in 2007 and again last year.

"I was in denial," Brian said after first learning of the charges. "Later down the road, you come to grips with reality. It stuck with me for a long time."

Last year, Crown prosecutors had originally planned to seek long-term-offender status for Erik after his conviction, but logistical hang-ups with regards to a psychiatric assessment got in the way. The accused will likely be released later this year.

Brian deemed the jail term a joke and said it pains him to think taxpayers are footing the bill for rehabilitative services that will likely create little change.

"My father sits back and laughs at that," he said. "He's a master manipulator — you can't change a person like that.... My father is the devil."

Case file

- Erik Wanamaker was originally sentenced to two years behind bars last fall, but an appeal court reduced that sentence by more than eight months after finding the presiding judge erred in the ruling.
- He also spent 11 years in jail following a conviction for sexual assault involving a minor in 1992 and 22 months behind bars following his first child-porn conviction in 2007.

Sexual attraction

What factors unite child pornographers, and what leads them to reoffend?

Researchers working directly in the field of child pornography have determined some common traits among offenders and are working to develop risk-assessment tools.

Michael Seto, director of forensic rehabilitation research at the Royal Ottawa Health Care Group, has been involved in a series of studies dating back to 2004 examining what separates child pornographers from other sexual offenders and the likelihood of recidivism.

Seto said many offenders are sexually aroused by content involving minors — the same as other individuals who might seek out adult pornography — but for others the answer is more complex.

"A minority have claimed that they had a more general pornography or Internet addiction that led to them to involvement with child pornography.... Others have claimed curiosity alone or suggested it was the fact that the content was illegal or morally taboo that drew them in," he said.

Analysis of the brains of pedophiles conducted by one of Seto's peers, Dr. James Cantor, suggests sexual attraction to children may not be related to any specific difference in the brain but in the way multiple regions interact — something neurologists have dubbed "partial-disconnection syndrome."

JEREMY NOLAIS/METRO

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Education Act delay could stretch a year

Election issue. Consultation on long-awaited bill has racked up $700,000 in costs in recent months

JEREMY NOLAIS
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Both parties counted as the front-runners in Alberta's newly announced election campaign want to pass versions of the long-awaited Education Act but differ greatly when asked how long it will take to do so.

Education Minister Thomas Lukaszuk said that, if re-elected, he foresees a year-long delay in implementing the bill, which brings new measures to combat schoolyard bullies and student-dropout rates, but which has also been criticized for infringing on parental rights.

"The real travesty of it all is the delay," Lukaszuk said, adding he would have to give newly elected MLAs a chance to weigh in on the act.

But Wildrose education critic Rob Anderson said the government was given plenty of opportunity to vote the bill through, and, if elected his party would swiftly modify parental rights portions of the bill and approve it.

"We would pass it probably within a couple of months after taking office," Anderson said.

Quotable

"The real travesty of it all is the delay."

Thomas Lukaszuk, education minister, speaking on the Education Act bill, which would bring changes to deal with bullying and dropout rates

It could take up to a year before the Education Act has an impact on Alberta classrooms like these, says the current education minister. METRO FILE PHOTO

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Tear in my beer.

Alberta only province where booze sales down

ERIC FRASER
calgary@metronews.ca

Maybe Albertans aren't the hard drinkers they used to be. Statistics Canada has released a report stating that Alberta's sales in alcohol has dropped 4.5 per cent in the last year while the rest of Canada saw an increase.

And it's not just StatsCan that's claiming Albertans are becoming a province of teetotalers; the Alberta Gaming and Liquor Commission is seeing a similar trend, according to communication officer Angelle Sasseville.

"Our annual report showed similar numbers to the Stats Canada report," Sasseville said.

According to general manager Kyle Mctaggart of the Barely Mill, his pub isn't seeing any drop in sales.

"We haven't found any kind of decline, we have actually had an increase in sales," Mctaggart said.

By the numbers

The Statistics Canada report shows that while Alberta licensed more venues and opened more liquor stores in 2011 than in 2010, sales are still down:

- **122 more liquor licenses in 2011 then 2010**
- **76 more liquor stores opened in 2011 then 2010**
- **Albertans spent $689 million on liquor in 2011 compared to 724.3 million in 2010**

Sasseville claims that the drop in sales is due to the economic standing of the province.

"Economists are expecting a decrease for 2012 and 2013," Sasseville says, "but we are hoping for an increase starting in 2014."

Politics

Nenshi surveys provincial candidates

Mayor Naheed Nenshi launched citiesmatter.ca on Monday — an online survey questioning political parties on 10 topics related to the relationship between cities and the provincial government.

The survey has been distributed to the five political parties with representatives in the Alberta legislature, and he has set a deadline to respond on April 2 by 5 p.m.

Responses will be posted on the citiesmatter.ca website after that date.

METRO

Good deeds

Calgary police seeking Good Samaritan

Around 8 a.m. on Jan. 22, a Good Samaritan encountered a man and a woman involved in a physical fight on the street in Cougar Ridge.

The Good Samaritan came to the aid of the woman.

The male offender left the area.

Police are hoping to speak with the Good Samaritan.

Anyone with information is asked to call the Calgary Police Service at 403-266-1234.

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Your actual fuel consumption may vary. ^^For more information visit oee.nrcan.gc.ca/fcr/ratings. ‡‡2012 Chevrolet Orlando fuel consumption ratings based on GM testing in accordance with approved Transport Canada test methods. Comparison based on fuel consumption ratings published by Natural Resources Canada. Your actual fuel consumption may vary. †Competitive Comparison based on 2012 GM Segmentation, Compact MPV, segment includes: Kia Rondo, Mazda5, and Scion XB. +The Best Buy seal is a registered trademark of Consumers Digest Communications, LLC, used under licence.

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Canadian vessel featured on the new $50

Bank of Canada Governor Mark Carney holds a new $50 bill while standing in front of the Canadian Coast Guard ship Amundsen, Monday, in Quebec City. The Amundsen is displayed on the back of the new bank note, which is made of polymer. JACQUES BOISSINS/THE CANADIAN PRESS

NDP leader slams Tories on debt

House of Commons. Newly elected Opposition leader Thomas Mulcair scrappy in question period debut

Thomas Mulcair made his question period debut as NDP leader Monday after a standing ovation from his caucus and compliments from his defeated opponents.

The newly minted Opposition leader showed his scrappy side as he took on the Conservatives for the first time from his new seat in the House of Commons.

He said the government has failed miserably at getting the country back to work and demanded action in Thursday's budget.

"Since the Conservatives came to power, Canada has lost hundreds of thousands of good jobs in the manufacturing sector," Mulcair said.

Heritage Minister James Moore retorted that 600,000 jobs have been created under the Tory watch.

"We will continue to move in that direction in the next budget," Moore said.

Olivia Chow, widow of former leader Jack Layton, remained pointedly neutral during the campaign, but she dropped that attitude on Monday to praise Mulcair.

Newly elected NDP Leader Thomas Mulcair stands in the House of Commons. THE CANADIAN PRESS

"We can be proud to say that New Democrats across Canada elected a strong and experienced leader," Chow said.

THE CANADIAN PRESS

Top Ontario court rules against ban on brothels

A ban on brothels puts prostitutes at risk and is therefore unconstitutional, Ontario's top court ruled Monday in a decision hailed by sex-trade workers as pivotal in making their lives safer.

"The new spring has come for sex workers, a new era has been ushered in," lawyer Alan Young, the lawyer who launched the challenge, said Monday.

Valerie Scott, one of three women involved in the case, said, "I feel almost like we're debutantes at a ball."

"It's pivotally important for women to work together, two or three or four women working together," Scott said.

Dominatrix Terri-Jean Bedford smiles after Ontario's top court struck down a ban on brothels. THE CANADIAN PRESS

The ruling came in an appeal by the federal and Ontario governments of a lower-court ruling that found three provisions dealing with prostitution were unconstitutional in that they contributed to the dangers faced by prostitutes.

However, the Ontario Court of Appeal — in its decision Monday — upheld the ban on soliciting as a reasonable way to protect communities.

It also "read in" wording to the criminalization of living on the avails of prostitution to make it clear that exploitation of prostitutes should be illegal.

THE CANADIAN PRESS

A Tibetan nun in exile scuffles with police during a protest in New Delhi on Monday. Earlier, a Tibetan exile lit himself on fire ahead of Wednesday's visit by Chinese President Hu Jintao. MANISH SWARUP/THE ASSOCIATED PRESS

Protester sets himself on fire in New Delhi

Chinese state visit. Tibetan activist suffers severe burns in protest over Chinese President Hu Jintao's upcoming visit to India

A Tibetan exile lit himself on fire and ran shouting through a demonstration in the Indian capital Monday, just before a visit by China's president and following dozens of self-immolations in China in protest of its rule over Tibet.

Indian police swept through the New Delhi protest a few hours later, detaining scores of Tibetans.

The man apparently had doused himself with something highly flammable and was engulfed in flames when he ran past the podium where speakers were criticizing China and President Hu Jintao's visit.

Fellow activists beat out the flames with Tibetan flags and poured water onto him. He was on fire perhaps less than two minutes, but some of his clothing had disintegrated and his skin was mottled with black, burned patches by the time he was driven to a hospital.

About 30 such protests have occurred over the past year in ethnic Tibetan areas of China, and a Tibetan self-immolated last year in India, where many exiles reside. Beijing has blamed the Dalai Lama for inciting them and called the protesters' actions a form of terrorism.

Activists said the exile who self-immolated Monday is Jamphel Yeshi, 27, who escaped from Tibet in 2006.

"We have no idea how this happened, but we appreciate the courage," said Tenzing Norsang, an official with the Tibetan Youth Congress.

Hu is expected to arrive in India on Wednesday for a five-nation economic summit. Norsang called on the summit participants to discuss Tibet. THE ASSOCIATED PRESS

Turkey

Ad using Hitler sparks outrage

Turkey's Jewish community is protesting a Turkish commercial that uses old film footage of Adolf Hitler to sell shampoo.

The Jewish community and the Chief Rabbi's office on Monday demanded a public apology from the advertising company.

The commercial for a men's brand of shampoo has Hitler appear to shout out in a dubbed-over voice: "If you are not wearing women's dress, you shouldn't be using women's shampoo either!"

THE ASSOCIATED PRESS

Rising tensions. Afghan security kill three NATO soldiers in two incidents

Afghan security forces shot and killed three international troops Monday in two separate incidents, the latest in a rising number of attacks in which Afghan forces have turned their weapons on their foreign partners.

The killings reflect a spike in tensions between Afghan and international forces that follow an American soldier's alleged massacre of Afghan civilians, the burning of Muslim holy books at a U.S. base, and uncertainty about Afghanistan's fate as foreign troops prepare to pull out.

They also come at a time when international troops have stepped up training and mentoring of Afghan soldiers, police and government workers so that Afghans can take the lead and the foreign forces can go home.

U.S. Marine Gen. John Allen, the top commander of U.S. and NATO forces in Afghanistan, said at the Pentagon that these types of attacks are characteristic of any warfare involving insurgents.

THE ASSOCIATED PRESS

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Obama's health law gets day in court

Protesters with the Tea Party Patriots, including Linda Dorr of Laguna Beach, Calif., centre, protest the Affordable Care Act outside the U.S. Supreme Court in Washington, D.C., on Monday. JACQUELYN MARTIN/THE ASSOCIATED PRESS

Hearings begin. U.S. Supreme Court will hear arguments on a law that would give health insurance to 95 per cent of Americans

The U.S. Supreme Court yesterday heard the first of three days of arguments on President Barack Obama's health-care overhaul.

The overhaul touches core political divisions in the United States and will have a major impact on the life of virtually every American.

Since Obama signed the legislation into law two years ago, 26 states have challenged the constitutionality of the overhaul. It's the largest expansion in the nation's social safety net in more than four decades.

All four Republicans battling for the nomination to challenge Obama in November have promised to undo the overhaul. That is unless the conservative-dominated Supreme Court doesn't strike it down in a decision expected in June.

The fight over the law, aimed at extending health insurance to more than 30 million Americans, has further inflamed deep divisions in a country knocked off balance by the recession and embroiled in a political battle about the role of government.

Much at stake

- **Until the health-care law, the United States was the only major developed country without a national health-care system.**
- **The hearings this week will be closely followed for clues about what the nine Supreme Court justices are thinking. The court has four liberal-leaning justices and five conservatives.**

In active questioning over 90 minutes, none of the justices appeared to embrace the view of some that the case has been brought prematurely.

Solicitor general Donald Verrilli Jr., defending the health law, urged the court to decide what he called "the issues of great moment" at the heart of the case.

Republicans are leading the fight to kill the law either via the court or through congressional repeal. They say the worst fears about what they derisively call "Obamacare" have already come to pass in the form of higher costs and regulations, claims that the law's supporters dispute.

THE ASSOCIATED PRESS

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Facebook ownership?
Lawyers claim fabricated emails, forged documents

Attorneys for Facebook sought the dismissal Monday of what they called an "opportunistic and fraudulent" lawsuit by a New York man claiming half-ownership of the social networking site.

The attorneys asserted that Paul Ceglia, of Wellsville, had forged documents, fabricated emails and destroyed evidence, and said he had waited too long — six years — to file it and the statute of limitations had thus expired. Ceglia's attorneys say their client deserves his day in court.

In his 2010 lawsuit, Ceglia claimed that a 2003 contract he and Facebook founder Mark Zuckerberg signed entitled Ceglia to 50 per cent of Facebook, which launched the following year. Ceglia said the contract showed that when he hired Zuckerberg to help him develop a street-mapping database, he also gave Zuckerberg $1,000 in startup money for his fledgling Facebook idea in exchange for half-ownership of the company if it grew.

Zuckerberg said he hadn't even conceived of Facebook at the time. His lawyers accused Ceglia of doctoring the original "work-for-hire" contract to insert Facebook references and making up a series of email exchanges between Ceglia and Zuckerberg to try to bolster the claim. THE ASSOCIATED PRESS

Supreme Court

Human-rights groups target Anvil Mining over Congo massacre

Human-rights groups are turning to Canada's highest court in their effort to sue a Canadian mining company on behalf of Congolese massacre victims. The Canadian Association Against Impunity filed a last-ditch plea to the Supreme Court of Canada on Monday alleging that Anvil Mining Ltd. provided logistical support to the Congolese military, who raped and murdered people as it crushed a rebel uprising in 2004, killing as many as 100 people in the port city of Kilwa. THE CANADIAN PRESS

North Korea haunts global nuclear summit

South Korean President Lee Myung-bak greets Prime Minister Stephen Harper during a welcome ceremony for the Nuclear Security Summit at the Coex Center in Seoul on Monday. SUSAN WALSH/THE ASSOCIATED PRESS

Distraction. Though not on the summit agenda, North Korea's nuclear intentions are on the back of world leaders' minds

Stephen Harper touched down in Seoul on Monday to attend a global nuclear summit amid a rising cacophony of threats and challenges involving North Korea, its atomic program and the regime's accelerated plans to hurl a satellite into space.

Although it's not officially on the summit agenda, North Korea stole the initial headlines after U.S. President Barack Obama challenged the leaders of the rogue regime "to have the courage to pursue peace."

His demand came as Seoul warned it might shoot down a North Korean rocket carrying a satellite if it violates South Korean territory. Foreign Affairs Minister John Baird acknowledged the distraction, but suggested it should not hijack the conference. "We're working with our allies and others to take every diplomatic measure necessary to send a very strong message to the North Korean government that we strongly disapprove," he said. THE CANADIAN PRESS

Market Minute

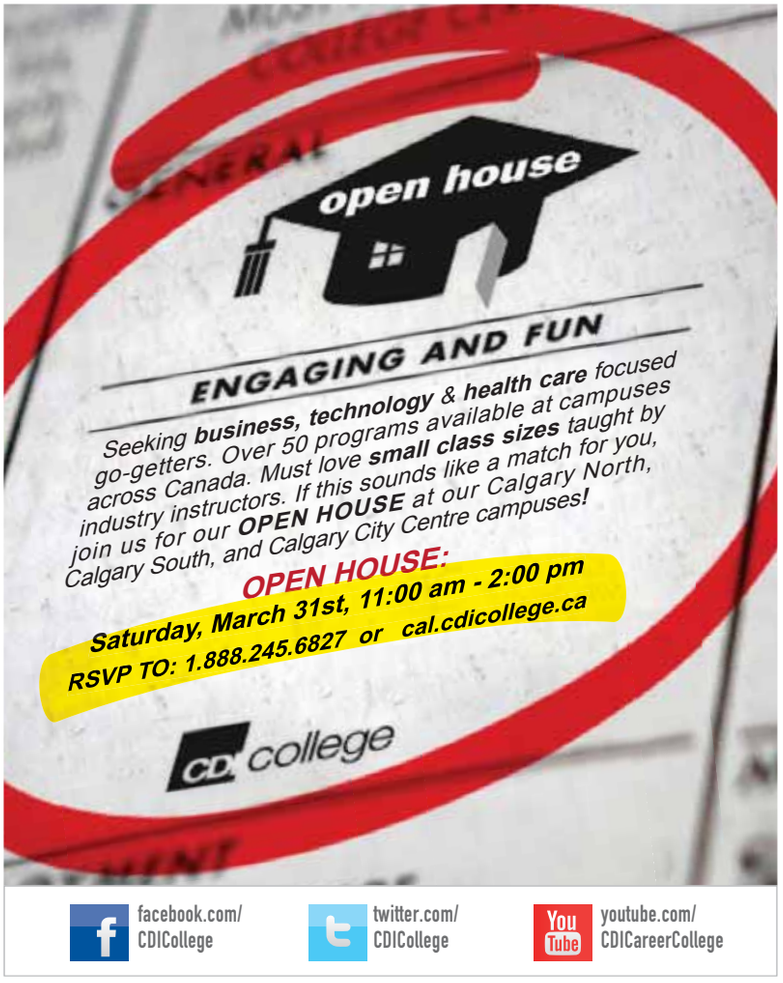
DOLLAR 100.89¢ (+0.76¢)

Natural gas: $2.226 (-4.9¢) (per 1,000 cubic feet)
Dow Jones: 13,241.63 (+160.9)

TSX 12,574.79 (-109.13)

OIL $107.03 US (+$0.16)

GOLD $1,685.60 US (+$23.20)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ABC LifeLiteracyCanada

THE WOES OF WOULD-BE HOMEBUYERS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

My mother always told me that one of her biggest mistakes in life was not getting on the property ladder early enough. Consequently, I've had a desire to invest in bricks and mortar since my late teens.

After four years together and a semi-aggressive saving plan, my boyfriend and I are finally ready to take the leap toward permanent cohabitation. After all, you can wait forever for the real-estate bubble to burst or you can suck it up and decide the "right time" is never going to come and just take the plunge. We were pre-approved for a horrifyingly unrealistic mortgage, found ourselves a patient agent and resolved to give up all our weekends for the unforeseeable future.

Of course, finding a place that fits all our criteria and our budget is proving to be a seemingly impossible task. There's always something not quite right. Units are too small, too pricey, too dark, too high. I'm starting to feel like the Goldilocks of urban real estate.

Downtown digs

"We make sacrifices to live the urban dream — we give up space, money and perhaps a little bit of our sanity. But, for me, there are intangible joys that come with downtown living that make it all worthwhile."

Whenever I get terribly depressed about my home-buying woes I log on to FML Listings, a Toronto-based blog that highlights the absurdity of the city's real-estate market by posting outrageous listings alongside snarky commentary. For added impact, the site compares Toronto listings with those in other markets. For example, a three-bedroom bungalow about half an hour outside downtown is listed at just under $1.8 million, roughly the same price as Paula Abdul's mansion in the Hollywood Hills. Heartbreaking isn't it?

So why bother trying to buy in the city at all?

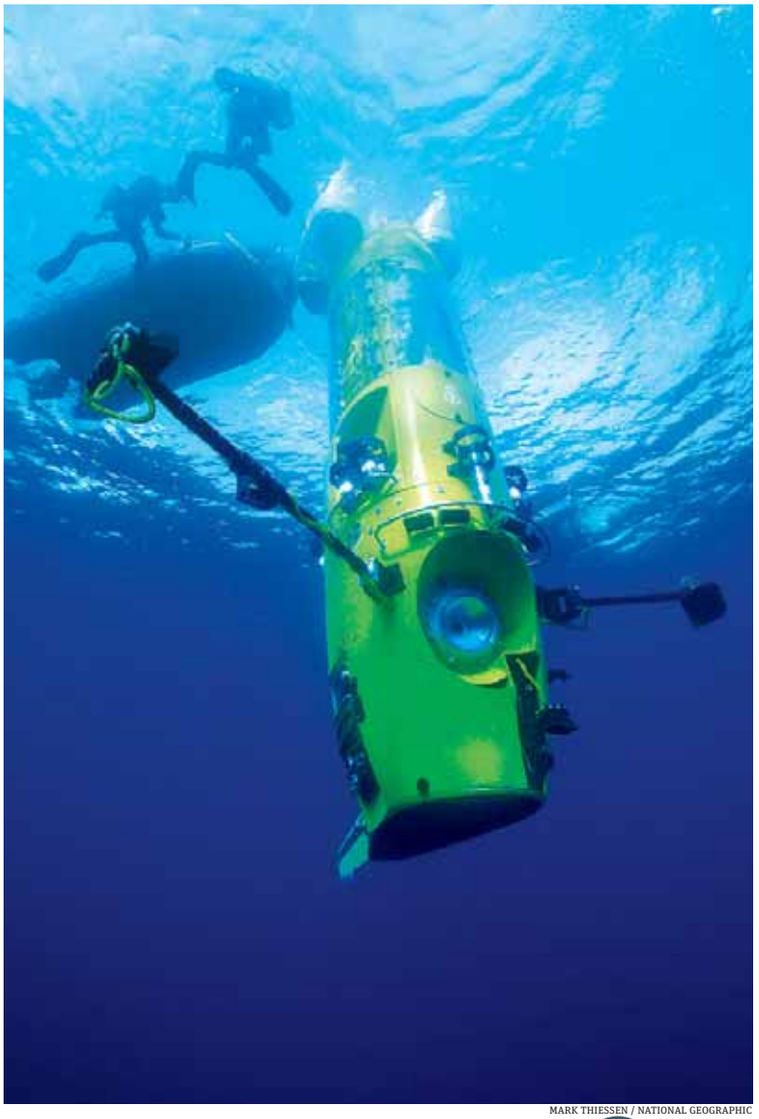
We make sacrifices to live the urban dream — we give up space, money and perhaps a little bit of our sanity. But, for me, there are intangible joys that come with downtown living that make it all worthwhile.

While walking home last night after another series of hopeless viewings, we stumbled across a street performer playing a very unique rendition of Greensleeves. The man was using a bow to play an industrial saw as an instrument. It was a beautifully strange sight but not out of place among the eclectic happenings of the city. You just don't find that in the suburbs; you'd never see anything like that outside the window of your SUV in a strip-mall parking lot.

The city itself has an unpredictable way of reminding me that this is where I belong. So despite all the hours lost in open-houses and blood-pressure-raising bidding wars, I know we'll get there in the end.

Being a homeowner in the city has its price. ISTOCK

Director reflects on voyage 'to hell'



MARK THIESSEN / NATIONAL GEOGRAPHIC

The Titanic

Director returns from 'the abyss'

PACIFIC OCEAN. The last frontier on Earth is out-of-this-world, desolate, foreboding and moon-like, James Cameron said after diving to the deepest part of the ocean. And he loved it.

THE ASSOCIATED PRESS

Avatar

"Back from trip to deepest pl on Earth -#oceans hadal zone. Puts a new spin on 'to hell and back'. Good to see the sunshine."

JAMES CAMERON TWEETS AFTER FEAT

Mariana Trench

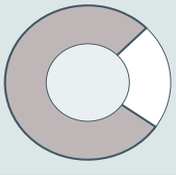
- Hydraulic failure meant Cameron was unable to retrieve samples from the trench.
- He said, "My feeling was one of complete isolation from all of humanity."
- Cameron said he had hoped to see a strange deep-sea monster, a creature that would excite the storyteller in him and resemble something out of his movies, but he didn't.
- The trench is 120 times larger than the Grand Canyon and more than two kilometres deeper than Mount Everest is tall.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Were you surprised the iPhone topped the BlackBerry as Canada's smartphone of choice?

78% NO. IT WAS A LONG TIME COMING



22% YES. WE SHOULD BE LOYAL TO OUR HOME BRAND

Twitter

@mattdorma: after wandering for twenty minutes, through six buildings, I have finally found a public water fountain at UofC. #yyc #waterasahumanright

@dinosaurarcade: Attention people who wear bell bottoms. They don't look good! They aren't in! #yyc #nuffsaid #thatsitthatsall

@TheRealShayShay: Well im glad to see the rainsnow has stopped. Like wtf #yyc pick a season and stick to it?

@zvjezdanpatz: Snowfall warning over, it all melted already #yyc #worstsnowfallwarningever

@NigmaticNate: I find it funny that the concept of getting out of ppl's way when trying to get off the train in #yyc is still eluding some. Makes me laugh.

metro

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ABC LifeLiteracyCanada
Are you prepared?

2

SCENE

Scene in brief

Prime time for Kimmel

Late-night host Jimmy Kimmel just got a prime-time gig: Host of the 64th Primetime Emmy Awards. The star and executive producer of Jimmy Kimmel Live! will host the Emmy Awards ceremony on Sept. 23 at the Nokia Theatre in Los Angeles. "I hope to be able to do for the Emmys this year what Eddie Murphy did for the Oscars," Kimmel joked, referring to the comedian who pulled out as host of this year's Oscar ceremony. This is Kimmel's first time hosting the Emmy Awards. Kimmel's namesake show is in its 10th season on ABC. He previously hosted the American Music Awards and the ESPY Awards and is set to host the White House Correspondents' dinner next month.
THE ASSOCIATED PRESS

On the Web

Nice guy Eric McCormack from Will & Grace taps into his sinister side for return to Broadway

Madonna shows her vulnerable side on her new album, MDNA. GETTY IMAGES

Deconstructing MDNA

New album. Metro's Pat Healy listens to Madonna's first new album in four years and hears her mortal side

PAT HEALY
Metro World News

Madonna is a bitch out of order, a bat out of hell and a fish out of water. At least that's what she compares herself to in the song Gang Bang, off her brand new album, MDNA. Madge's claim about being broken, angry and alienated is a succinct self-analysis.

It's been four years since her last album of new material, the longest gap of her nearly 30-year career, which would explain the fish-out-of-water feeling — to say nothing of the fact that her last album came out a full six months before the debut of another Italian-American with a stage name, a penchant for shock value and a monster-load of blond ambition, Lady Gaga.

As far as the bitch-out-of-order and the bat-out-of-hell, her venomous personal lyrics on this album make it difficult to distinguish Madonna — the pop legend — from Madonna, the mortal whose eight-year marriage to director Guy Ritchie ended in a bitter divorce.

"I tried to be a good girl, I tried to be your wife," she sings on I Don't Give A.

It is this vulnerability that gives MDNA its vitality. And this uneasiness of being thrown into a different life situation almost makes it acceptable for her to sing like a teenager about drinking too much Tanqueray and "Tweetin' in the elevator."

Comparing a new love to Mike Jordan and Abe Lincoln in the same song? Well, that's just silly. But she seems to acknowledge there's a personal crisis at hand, where impulsive behaviour is the norm, singing, "I know I shouldn't act this way" in Girl Gone Wild.

This confessional intimacy also makes it difficult to criticize Madonna for imitation, which she does indulge in a bit on MDNA.

To that charge, the material girl is just as much of a smart shopper as she's always been, using the baddest guest stars (including Nicki Minaj and M.I.A.) and the best producers (including Martin Solveig and William Orbit) to bring her sound into now. If she can't define the times, she's certainly not going to be behind them. And really, anybody she's borrowing from wouldn't even be making music if it weren't for her. The racecar bass lines, pumping beats and Skrillex-style monster breakdown would seem forced if not done properly.

But it's Madonna, and she can always get into the groove.

The makeup of MDNA

- **Approximate number of times the words "girl" or "girls" are used:** 63.
- **Approximate number of songs that are most likely about Guy Ritchie:** Six and a half.
- **Number of previous Madonna hits referenced by title:** Three.
- **Number of Nicki Minaj guest appearances:** Two.

Deluxe it up

- The deluxe edition clocks in at more than an hour, which can be a little exhausting, but it features perhaps some of the best songs, including an almost punky duet with M.I.A. called B-Day Song.

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DVD reviews

A Dangerous Method

Director. David Cronenberg

Stars. Michael Fassbender, Keira Knightley, Viggo Mortensen

A Dangerous Method concerns itself with psychiatrists Sigmund Freud and Carl Jung and their clinical subject, Sabina Spielrein. Cronenberg and screenwriter Christopher Hampton busy themselves with the dynamics of competing mental health treatments at the dawn of psychoanalysis. A Dangerous Method has the surface elements of Cronenbergian kink: beautiful people giving free rein to their darkest sexual impulses, both in the name of science and the libido.

PETER HOWELL

DVD reviews

Extremely Loud and Incredibly Close

Director. Stephen Daldry

Stars. Tom Hanks, Thomas Horn, Sandra Bullock

The film concerns a troubled New York boy (Thomas Horn), who is following unfathomable clues supposedly left by his dead father (Tom Hanks), who perished in the World Trade Center. The boy, 11-year-old Oskar Schell, wants to visit every one of the people surnamed "Black" in the New York telephone directory. Extremely Loud and Incredibly Close feels wrong on every level. It should have been called Extremely Maudlin and Incredibly Awful.

PETER HOWELL

Five reasons to be excited for R. Kelly's next 'rap opera'

Trapped in the Closet

2. The next installment of R. Kelly's bizarre project is coming, and here's why you should catch up with the series

Good news everybody: R. Kelly is returning with new chapters of Trapped in the Closet. The U.S. based IFC channel announced that new installments of the self-professed rap opera will be released this year. And, if R. Kelly's statements to TMZ have any truth to it, there will be 32 vignettes to enjoy in 2012.

1. In his official statement, R. Kelly called the project an "alien" and said it was "not of this earth."

The song and accompanying videos are so ridiculous that when the rapper introduced the concept of a (originally) 16-minute, multiple part song to his record label, Jive, they didn't know what to do with it, according to producer Ann Carli.

Now, it's a unique viral success that has captivated audiences since 2005. Such is the brilliance of R. Kelly.

2. Despite the fact that all the chapters feature the same beats and melody, the story never gets boring. The soap opera-esque plot twists and turns so much that you'll need notes to keep up with who's who. But, don't worry, he often recaps the action every few installments or so.

3. If you manage to get your hands on a copy of the DVD, you can watch R. Kelly sitting on a plush chair while smoking a cigar and watching Trapped in the Closet on a screen. It's the "Inception" of DVD commentaries – and totally worth watching just to see R. Kelly's insane thought process behind creating the videos. Also, you'll find out that, according to R. Kelly, dresser rhymes with Beretta.

R. Kelly's Trapped in the Closet series has 'morphed into one of the strangest items in pop culture history.' GETTY IMAGES

4. The videos have such a big cultural influence that they've been performed live by multiple U.S. theatre groups, were performed live by R. Kelly at the 2008 MTV Music Video Awards and been spoofed by South Park.

According to HitFix, it's "morphed into one of the strangest items in pop culture history."

5. The first 22 chapters revolved around a one-night stand, a cheating woman, a whole lot of bad wigs, a mysterious "package" that may or may not be alluding to an STD, a gay pastor, a spatula, and Bridget… who's hooking up with a midget. Yep, you read that right.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jennifer Aniston GETTY IMAGES

Half a million in gifts? Life ain't shabby for Jennifer's main man

Dating Jennifer Aniston apparently has its perks, including lavish gifts.

The former Friends star has reportedly bought beau Justin Theroux around $500,000 worth of extravagant presents, including a $12,000 leather jacket that belonged to James Dean and a pair of high-end motorcycles, according to Grazia magazine.

"Neither Jen nor Justin seem embarrassed that she is the main breadwinner. She is in a comfortable position, so why not spend money on the man she loves," a source says. Of course, the showering with gifts isn't a one-way street: "Justin loves buying Jen little gifts and going out of his way to show how much he cares," the source adds. "This is not a one-sided relationship at all, and Jen feels she is the luckiest girl in the world."

Mo money, no problem

"Neither Jen nor Justin seem embarrassed that she is the main breadwinner. She is in a comfortable position, so why not spend money on the man she loves."

A source reporting to Grazia magazine

Drew Barrymore GETTY IMAGES

Possible bun in the oven pushing Barrymore toward the alter?

With a rumoured baby on the way, Drew Barrymore and fiancé Will Kopelman are reportedly in something of a hurry to tie the knot — as soon as this summer, according to Life & Style Weekly. "She wants to marry Will fast. Not just because she's pregnant but because she loves him and wants to be married before the baby is born," a source says. "Drew's checking out dresses that will fit her then."

The Word

Jenna Talackova, transgendered contestant ousted from Miss Universe Canada 2012 competition, is pictured here in a ModelMayhem.com portfolio photo. MODELMAYHEM.COM

THE WORD
Dorothy Robinson
scene@metronews.ca

There he is, Miss Universe Canada?

Is the world ready for a transgender Miss Universe contestant?

The quick answer to this is: No.

The longer explanation has to do with beauty pageant contestant Jenna Talackova, 23, who made it to the finals in the Miss Vancouver pageant, but was ultimately ruled ineligible due to her being biologically male. The 6-1 stunner did well — and even made it to the finals — but was disqualified after organizers learned she wasn't a naturally born female, according to CTV News.

"Jenna Talackova from Vancouver, British Columbia, will not compete in the 2012 Miss Universe Canada competition because she did not meet the requirements to compete despite having stated otherwise on her entry form," Miss Universe Canada organizers said in a statement. "We do, however, respect her goals, determination and wish her the best."

According to CTV News, Talackova started hormone therapy at 14 and had gender reassignment surgery at 19.

Talackova is claiming discrimination, which Miss Universe Canada national director Denis Davila refutes, telling CTV News, "We have to have the facts straight. There is no discrimination here at all. You can look at it the way she wants to look at it ... but we all have to follow the same rules."

Miss Universe Canada says that Talackova indicated on her registration form that she was born a female but later admitted that she was born a male, India Today reports.

Here's the thing: Whether you are applying for a job at Arby's or as a beauty pageant contestant in Canada, you can't lie on your application form.

And, as a woman, I can see where this is tricky. Women already earn, on average, 23 per cent less than our male counterparts in the working world.

Sadly, beauty pageants are one constant where we can compete on a level playing field.

A playing field where we compete in high heels and fake eyelashes, but a fair one nonetheless.

On the other hand, she doesn't look like she had any less work than the rest of Miss Universe contestants, so what's the big deal?

Lana Del Rey, left, and Marilyn Manson. GETTY IMAGES

A match made in... well, you decide

Rumours are swirling that new singing sensation Lana Del Rey is dating Marilyn Manson, according to Hollyscoop. The pair first turned heads when they were spotted "sneaking into an elevator" in Berlin earlier this month, and since then they've reportedly been spending a lot of time together — like grabbing dinner before Del Rey's performance at the Echo Awards. After the show, Del Rey and Manson left together in a van.

Megan Fox GETTY IMAGES

Photog fires back after scrap with Fox's beau

Megan Fox and Brian Austin Green are being sued by a photographer over an alleged altercation in Hawaii last December, according to TMZ.

Delbert Shaw claims he was attacked by Green after being spotted snapping pictures of the couple on the beach near the Four Seasons Resort in Hualalai, with Fox egging her husband on, saying, "Are you going to let him get away with that?"

Shaw says Green proceeded to pummel and beat him before throwing his iPhone into the water. He is suing for unspecified damages.

Twitter

@Drake
Natasha McElhone I know you don't have twitter cause you are a mature British goddess...but I love you.

@russellcrowe
this isn't funny but I saw an Acura plough in to the back of a beautiful Beauford today,Acura smashed,not a scratch on the real steel car

@MissKellyO
sid keeps throwing up he has been to the vet 3 times and its still happening I'm starting to get worried i think my dog is puppy-rexic!

@SarahKSilverman
I'm so proud to be the founder of "WOMEN & MEN UNITE", a global movement I made up on the elliptical just now.

3

LIFE

Coregasm

Exercise orgasms

Researchers at Indiana University have anecdotal evidence that exercise can lead to female orgasm. Exercises that can induce an orgasm are abdominal exercises, biking/spinning, climbing poles or ropes and weight lifting. The phenomenon is referred to as 'coregasm.'

Muscles

Hockey workouts

If Kate Middleton stays so slim and toned by playing hockey, then we are sure to be giving it a go. She has great legs, and we're hoping squeezing a couple of games in will have the same effect on us.

METRO WORLD NEWS

On the Web

Feds extend funding for northern tuberculosis research, testing

Put away the pills; pain may be rooted in your self

Dig below the surface if you are suffering.
"The pain detective" is urging patients to look at the role stress plays in your injuries

CELIA MILNE
wellness@metronews.ca

Got pain?

If so, look at the big picture, says Dr. Hillel Finestone, who treats patients suffering from painful conditions.

Finestone, a.k.a "the pain detective," says that injuries and wounds can take longer to heal if you are going through a difficult time, perhaps struggling with the loss of a job, stressed out by a breakup or divorce, being mired in a toxic relationship, or having been abused as a child.

"Psychological stress is associated with a slower or delayed healing of wounds or injuries," says Finestone, director of stroke rehabilitation research at the Elisabeth Bruyere Hospital in Ottawa.

In his career treating patients with back pain, neck pain, fibromyalgia and other pain conditions, Finestone tries to focus on the whole person and what else is going on in their life, and not just the sore part. He has published scientific articles on the effect of stress on healing, and also wrote a book called The Pain Detective: Every Ache Tells a Story.

Ergonomic problems, such as uncomfortable chairs or a badly set-up workstation, can also keep you in pain.

"Millions of dollars are spent on pain-related medication," says Finestone. "Paying attention to the whole person could produce better outcomes, reduce disability and save money."

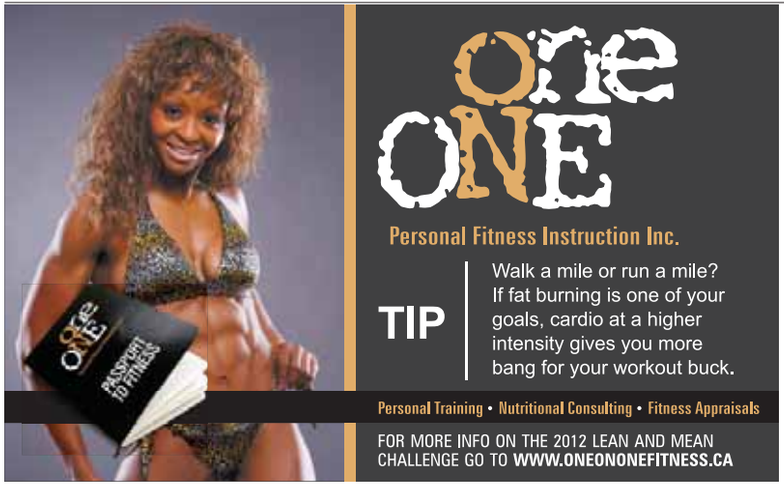
Analysis

What to do about your pains

Dr. Hillel Finestone, the author of The Pain Detective, has some advice for getting to the bottom of your pains.

"Never underestimate the ability of your life and feelings to affect your health in both negative and positive directions. Ask yourself, What's going on in my life that could be causing my muscles to tense up, thus leading to a worsening of my back or neck pain? Can my negative mood be affecting my desire to exercise, leading me to eat too much, smoke more and live in an unhealthy way?"

If back pain is consuming your life, there are ways to get rid of it, sans pharmaceuticals. ISTOCK PHOTOS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Blurring the lines between café and lounge at Gravity

Chicken Sausage Panini and feature soup ($9.75). DAN CLAPSON

LUNCH RUSH
Dan Clapson
food@metronews.ca

I like places that blur the lines. Inglewood's newest café is somewhere in-between a coffee shop and a lounge.

The design is slick, the art is eye catching, the ceiling is high, it offers late-night hours on the weekend, and elite hipster employees man the counter. It's a good looking place.

My lunch date and I shared a Chicken Sausage Panini ($9.75) and the feature soup, Chicken Mulligatawny ($6.50).

The Panini was good, but not great. Aside from the sausage and a bit of pesto, it could have used a flavour boost, and it was a lot of bread for such few ingredients.

The soup was delicious, homemade, with a nice balance of spice.

I ordered a Red Racer I.P.A. to wash down my food. Any coffee shop that lets me have a beer with lunch gets a thumbs up from me!

I'll be back soon. Probably for a blind date or two.

Visiting the restaurant

Gravity Café

Address. 909 10th St. S.E.

Phone number. 403-457-0697

Website. cafegravity.com

Rating. 3.5/5

Price range. $6.50 - $9.75

Lunch with co-workers. Yes

Social lunch. Yes

Solo lunch. Yes

Reservations. No

Licensed. Yes

Tuna Melt Sandwich. A childhood favourite gets a healthy makeover

1. In bowl, combine red onion, spinach, mayo, tuna and pepper. Use fork to mash mix until mayo is evenly distributed.

2. Place toasted bagel halves on foil lined baking sheet. Divide tuna mix among bagel halves. Top evenly with cheese.

3. Bake in centre of 425 F (220 C) oven 5 mins. or until cheese is melted. Turn broiler to High and broil 3 mins. or until cheese is bubbling and starting to brown. **NEWS CANADA/ PRESIDENT'S CHOICE/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOK.CA)**

Ingredients

- 3 tbsp (45 mL) finely chopped red onion
- 2 cups (500 mL) packed baby spinach leaves, chopped
- 5 tbsp (75 mL) light mayo
- 1 can (170 g) wild albacore flaked white tuna in water, drained
- 1/8 tsp (0.5 mL) freshly ground black pepper
- 2 thin multigrain bagels, lightly toasted
- 2/3 cup (150 mL) light triple cheddar shredded cheese

Pies burst with Indian flavours

The trend of Indian food continues to heat up, and these spiced chicken and potato hand pies will be a show stopper as a snack, appetizer or main dish.

If you serve these hand pies for lunch or even dinner, simply add a side salad to complete the meal.

Serve them with mango chutney, tamarind sauce or raita (traditional yogurt and cucumber dip). You can also use hot curry paste for a spicier taste.

1. Heat the oven to 200 C (400 F).

2. Remove the pie shells from the freezer and let them thaw at room temperature for about 10 to 15 minutes.

3. In a small saucepan, heat the olive oil over medium-high. Add the grated onion, minced garlic and grated potato, and sauté for about 3 minutes. Add the curry paste and continue to sauté until the potato starts to cook. Add the peas and water and cook everything for about 3 more minutes or until the water is almost gone. Remove the saucepan from the heat and set it aside to cool.

4. Remove the deep-dish pie shells from their foil and gently flatten them onto clean, flat, lightly floured work surface. If cracks appear in the pastry, press it together and repair it using fingers moistened with water. Cut each pie shell into 4 equal quarters.

5. Combine the potato mixture with plain yogurt, diced chicken, salt and pepper.

6. Divide the curry mixture evenly, about 15 ml (1 heaping tbsp) per pie. Mound the mixture in a strip lengthwise down the middle of the triangle, making sure to leave a 5-mm (1/4-inch) edge.

7. Brush the beaten egg around the filling on the edges of the pastry. Fold the pastry lengthwise over the top of the filling, creating a narrower triangle. Gently press the edges together and crimp them using a fork.

8. Bake the Indian Hand Pies for about 12 to 15 minutes or until the pastry is a nice golden colour. Let the pies rest for 10 minutes before serving them with mango chutney, tamarind sauce or raita.

THE CANADIAN PRESS/ TENDERFLAKE

Ingredients

- 2 frozen deep-dish pie shells
- 5 ml (1 tsp) olive oil
- 30 m (2 tbsp) grated onion
- 5 ml (1 tsp) minced garlic
- 75 ml (1/3 cup) grated Yukon potato
- 7 ml (1 1/2 tsp) mild curry paste
- 50 ml (1/4 cup) frozen peas
- 45 ml (3 tbsp) water
- 75 ml (5 tbsp) 2 per cent plain yogurt
- 125 ml (1/2 cup) cooked and sliced chicken breasts or left over chicken chopped into 5-mm (1/4-inch) dice
- Salt and pepper, to taste
- 1 egg, beaten

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FRESH

Americans value Internet over chocolate, alcohol, sex?

Addiction. A new study reveals Americans would rather forgo everyday pleasures than lose access to the web

ROMINA MCGUINNESS
MWN in London, UK

The Internet: are Americans well connected, or addicted?

According to a new survey conducted by the Boston Consultancy Group (BCG), a little bit of both. In order to quantify the extent to which people valued their time spent surfing the web, BCG asked what people would be willing to live without in order to remain connected to the Internet.

A lot apparently: 83 per cent said they'd give up fast food, 77 per cent chocolate, 73 per cent alcohol, 69 per cent coffee and 21 per cent said they would forgo sex for an entire year.

Talking money

- **Contribution to the global economy:** The Internet contributes $2.3 trillion to the global economy and is expected to grow to $4.2 trillion in about four years.

"Whilst we found the survey results surprising in terms of what U.S. consumers are willing to give up in order to keep Internet access, what they reveal is how deeply the Internet has engrained itself in daily life in the U.S.," Paul Zwillenberg, partner at The Boston Consultancy Group and co-author of the report, tells Metro.

The Internet attracts 1.6 billion global users daily, a figure expected to rise to 3 billion by 2016. By then, half of the world's population will be online. But what makes Americans click? Access to global search engines, such as Google and e-mail, as well as online banking and investing were some of the things most valued by Americans.

The Internet economy is the eighth-largest sector in the U.S. and is currently growing at 6.5 per cent a year, giving Americans a reason to believe it could eventually help pull their country out of recession.

Whereas in the past, things like alcohol, sex and chocolate were immune to changes in the economy, none of them have ever had the power to boost a country in crisis like the Internet.

According to Zwillenberg, the perceived value U.S. consumers themselves believe they receive, over and above what they pay for devices, applications, services and access, known as the 'Consumer Surplus,' amounts to $2,528 per person.

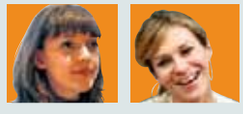
Michelle Obama should be taking notes for her 'Let's Move!' fitness campaign: instead of trying to get Americans fit the conventional way — diet and exercise — she should get the President to ban the Internet.

It seems like an efficient (and faster) way to get the entire country to detox.

Would you give up sex for the Internet? ISTOCK

Advice

Don't deal with a dog



TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear Sisters,
I'm a freelancer and often work from cafes around town, where I meet interesting people. Lately I've been chatting with a guy who has made it clear he's interested — always making eye contact, asking what I do, offering to share food with me, and generally showing interest in me. He's cute — or he was until he happened to mention that he's in a relationship. What's up with the mixed signals?
Confused but caffeinated!

Andrea: Dear CC,
It's pretty obvious that this guy is a dog. He sees something shiny, shakes his tail and wants to play fetch. But, as cute as he may be, it'd be rude to kidnap someone else's puppy, now wouldn't it? Thankfully the blood did eventually flow back to his brain when he mentioned his relationship.

The way things were going, it sounds like you dodged a bullet there. The fact that he's still flirting with you though, does mean that he and/or his relationship has issues. He may see you as a great distraction, or a valid option to avoid loneliness should he break things off ... or he may see you as flirtatious fun. Either way, you don't need to get into this mess.

Claire: Dear CC,
What's that saying: You can window shop, you just can't buy. Maybe he's window shopping his brains out, flirting via muffins and other baked goods because it makes his day a little more fun. I'm trying to put myself in his shoes — I think we've all done this at some point — enjoyed our attraction to someone all the more because it doesn't have to go anywhere. I know for a fact that I was a much better flirt when I was married, because I felt safe and strong.

And yes, it might indicate that his relationship isn't in great shape, but that's not for you to worry about.

Relationship or not, some guys just like to flirt. ISTOCK

Conquer savings paralysis by being a 1% superhero

Baby steps. Why not give yourself a raise? Increase your savings by a little bit each year until you reach your goal.

YOUR MONEY
Alison Griffiths
money@metronews.ca

Is your savings plan a one step forward, two steps back exercise? Do you make tons of excellent resolutions, only to do a financial face-plant when temptation beckons? Or perhaps you get distracted by job, family, life and never manage to keep track so you really don't know where you are.

If you fit into one or more of these scenarios, a rescue by Superhero/ine 1% is in order. Yes, such a character exists — in fact, Marvel Comics has been beating down my door for the rights.

But while I'm waiting on millions in royalties, let's put Superhero/ine 1% to work for you.

Say you earn $50,000 and are saving three per cent of your income ($1,500) annually by contributing to an RRSP, TFSA or a savings account.

Ten per cent is usually the gold standard for savings. But getting to 10 per cent from three is like trying to lose 25 pounds in a couple of weeks. Maybe you can do it, but maintain it? Tougher.

If you stick with the current savings rate and manage a four per cent return over the next 10 years, you'll have just over $18,500 tucked away. I'm also adding in a salary boost of two per cent annually and assuming inflation is three per cent.

Now, take the hand of Superhero/ine 1% and increase your savings rate from three to four per cent annually ($2,000). After 10 years you'd have more than $24,600 squirrelled away. If this money is contributed to an RRSP, the net gain will actually be higher as your taxable income will be reduced.

Here's where Superhero/ine 1% really produces magic. If you can increase your savings by a single percentage point every year you'd have $52,300 in hand.

Granted, at the end of 10 years your savings rate would be 13 per cent of income. To many that's too big a leap. Not only that, you might be saying, "In your dreams!" when looking at my salary increase projection of two per cent annually.

My point is that by increasing your savings a small amount annually or until you reach a specific goal — say 10 per cent of income — you can conquer savings paralysis.

And it's all thanks to Superhero/ine 1%. You can play with your own figures with The New York Times' The 1% more saving calculator. (Visit nytimes.com and go to the Your Money section. From there, search for "The 1% more calculator.")

Alison's money rule

"Wealth will be in your future just by increasing savings by a small percentage annually."

How much are we saving?

- **Nest eggs.** 2.3% of gross income (or 4.9% of after-tax income) is the average Canadian savings rate.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA

As your earn more, make sure to save more. ISTOCK

Don't get in over your head

Know when you need tax help

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesleyscorgie on Twitter

Sitting on the fence about hiring a tax advisor? Professional tax advisors can help you file your taxes on time and correctly. They can optimize your unique tax situation by determining the appropriate credits and deductions and help you plan your taxes for the future.

It's a good idea to hire a professional advisor when:

You are not sure how or you don't have time to prepare your own taxes. Don't take chances on your taxes. Get them prepared correctly and on time. If you file them incorrectly or late, there can be penalties and adjustments.

You have experienced a major life event. If you have moved, married, divorced, had a child or experienced death or disability within your family; your tax considerations are more complex. Hiring an advisor will help you navigate through the details.

You own a business, or have multiple streams of income. If you're running a business from your home, own a business, work multiple jobs, own rental properties or have freelance income, there are unique tax rates, rules and write-offs associated with these forms of income.

You have experienced a major change in your financial situation. If you won the lottery, filed for bankruptcy, are being audited, made or lost a significant amount of money; your tax rate, benefits and legal obligations may have changed.

If you're going to hire a tax advisor or tax accountant, get a referral from a friend or family member. Affordable, professional tax services are also available through firms like H&R Block (hrblock.ca). Always get yourself organized before meeting with a tax advisor; gather your prior returns, tax slips, receipts and make notes of relevant information. This will save the advisor time and you'll save money. If you have time and knowledge to prepare your own taxes correctly, go for it. You'll save money on tax advisor fees.

Typically, if your tax situation is straightforward, your return should be also.

Learning happens in everything we do.
Whether you team up to sort laundry, write a grocery list, or discover a new route to school, you are learning together. How will you learn with your family? Take the learning journey at FamilyLiteracyDay.ca and download your Journey to Learning Passport.
JOURNEY TO LEARNING PASSPORT
Family Literacy Day
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As an early adopter of this technology, there are approximately one million *PayPass* transactions each year made by PC Financial® MasterCard customers.

More than 15,000 retail locations across Canada now accept *PayPass*, including Loblaw Companies Limited store locations.

** Source: Metropolitan Panel, Metro Toronto, Wednesday April 17, 2011, 309 respondents*

*** When you apply by March 31, 2012 and receive your President's Choice Financial MasterCard, you will also receive four welcome coupons, each worth 10,000 PC points. Redeem with any purchase at the checkout in participating stores where President's Choice products are sold, using your President's Choice Financial MasterCard. Allow 2 – 3 weeks for PC points on coupon to be added to your account. See coupons for full details. Coupons have no cash value. If your application is approved and an account is opened for you, you will receive 5,000 PC points for having applied online at pcfinancial.ca/easydoesit once you have activated your new President's Choice Financial MasterCard and made your first purchase within 6 months of account approval. 5,000 PC points are awarded one time only to you as a new customer on your first President's Choice Financial MasterCard account when you have applied online. This offer may be terminated or changed at any time without notice. ® PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaws Inc. Trademarks used under licence. ®/TM MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank a licensee of the marks. PC points program is provided by President's Choice Services Inc. President's Choice Financial MasterCard is provided by President's Choice Bank.*

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Blue Jays

McGowan signs extension

Pitcher Dustin McGowan has signed a two-year contract extension with the Toronto Blue Jays, the club announced Monday.

The deal pays him $1.5 million US per season in 2013 and 2014 with a club option for 2015 worth $4 million.

He signed a one-year deal in December for $600,000.

The oft-injured 30-year-old missed the 2009 and 2010 seasons and most of 2011 due to shoulder operations. McGowan pulled himself out of a game over the weekend with what was diagnosed as plantar fasciitis. He is currently listed as day-to-day. THE CANADIAN PRESS

NHL

Daniel Sedin
DARRYL DYCK/THE CANADIAN PRESS FILE

Canucks confirm Sedin is concussed

Vancouver Canucks coach Alain Vigneault said Monday that winger Daniel Sedin has a concussion.

But the team stayed mum on Sedin's condition, or possible return before the playoffs.

"He's got a concussion, and when we have something more to say, we'll say it," said Vigneault. "We're just going to follow the (concussion) protocol, and when we have more, we'll share it with you."
THE CANADIAN PRESS

Soccer

'Encouraging progress' for Bolton's Muamba

Bolton midfielder Fabrice Muamba is eating again and has been able to leave his bed as he maintains "encouraging progress" in his remarkable recovery from a mid-game cardiac arrest March 17.

A joint statement from Bolton and the London Chest Hospital on Monday says Muamba remains in intensive care "where his condition is serious but stable." THE ASSOCIATED PRESS

Dallas Stars goalie Kari Lehtonen loses the puck as Alex Tanguay looks for a rebound during the second period Monday in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

Flames win to keep playoff hopes alive

Flameout. Calgary had been winless in its last five and was in 11th spot in Western Conference

Monday's game

Flames	Dallas
5	4

Mike Cammalleri had a goal and two assists Monday night as the Calgary Flames kept their flickering playoff hopes alive, erupting for four second-period goals in a 5-4 victory over the Dallas Stars.

It was a critical victory for Calgary, which was three points back of the Los Angeles Kings and the eighth and final playoff spot. San Jose and Colorado, in 10th and 11th respectively, were also level in points with the Kings. The Sharks and Avalanche played later Monday.

The Flames came into the game scuffling offensively with just six goals in their previous five games, but broke out in a big way with four goals over the final 11 minutes of the second period to turn around a game in which they trailed 2-1.

Tied 3-3, Calgary took its second lead of the second period when Mark Giordano's low slapshot eluded Dallas goaltender Kari Lehtonen for a power-play goal at 16:58.

Later, Steve Ott's tripping penalty at 18:33 gave the Flames their fourth man advantage of the period. Cammalleri's attempted dump-in caromed into the slot off the skate of Stars defenceman Trevor Daley. Alex Tanguay's quick shot was partially stopped by Lehtonen, but still went over him and landed in the net at 19:32.

Olli Jokinen, with his first goal and point in eight games, and Blake Comeau also scored for Calgary (35-27-15).

The Flames are 5-0-2 in their last seven games at the Scotiabank Saddledome. Four of their final fives games are at home ice, including a pivotal game Wednesday night against Los Angeles.

Jamie Benn with a pair, Mike Ribeiro and Philip Larsen scored for Dallas (41-30-5). The Stars, kicking off a four-game road trip, have lost five of their last six away from home.

Dallas entered the night atop the Pacific Division, but tied in points with Phoenix, and just one point up on Los Angeles and San Jose.

Kiprusoff finished the night with 35 saves. Lehtonen stopped 30 shots.

Calgary went 3-for-6 on the power play. Dallas had only surrendered only two power-play goals in the previous 13 games, killing off 41 of 43 man advantages.

The Flames, meanwhile, had just two power-play goals in their previous eight games, going 2-for-23.

Dallas went 1-for-4 with the extra man.
THE CANADIAN PRESS

Canada's Marcus Haber reacts after Cuba's late goal on Monday in Nashville, Tenn.
MARK HUMPHREY/THE ASSOCIATED PRESS

Soccer. Canada stunned late by Cubans

Canada moved on to the semifinals at the CONCACAF men's soccer Olympic qualifying tournament on Monday, but a goal conceded in injury time could derail its journey to the 2012 London Games.

With Canada seemingly headed for victory and a first-place finish in Group A, Cuba's Maykel Reyes scored in the first minute of extra time to force a 1-1 draw.

Evan James had given Canada a 1-0 lead in the first half.

Instead of advancing to play the second-place team in Group B, Canada will likely have to play the powerful Mexicans in the semifinals. Only the two tournament finalists advance to the Olympics.

"The players are very upset right now," said Canadian manager Tony Fonseca. "Our focus is to recover and to prepare for semifinal."

Canada finished with five points in three games and a goal differential of plus-2.

With two points in six games and a goal differential of plus-9, Mexico is all but assured to be Canada's opponent in the next round.
THE CANADIAN PRESS

U.S. eliminated

Jaime Alas scored in stoppage time as El Salvador ousted the United States from Olympic qualifying Monday with a 3-3 draw.

- The Americans had to win to reach Saturday's semifinals.

THE ASSOCIATED PRESS

4 SPORTS

Final Four

Vegas gives the odds to Wildcats

Sin City casinos are sticking with Kentucky and Ohio State as Final Four favourites and still think the Wildcats have by far the best shot of winning the NCAA title. Odds put out by Nevada casinos after the matchups were set show they think Kentucky — the No. 1 seed overall in the tournament — has a 52 per cent shot at the title despite needing to win two more games, gambling expert RJ Bell of pregame.com told The Associated Press. Casinos believe Ohio State has a 25 per cent chance, Kansas a 15 per cent chance and Louisville an eight per cent chance, Bell said. Kentucky meets Louisville and Kansas plays Ohio State on Saturday.
THE ASSOCIATED PRESS

NFL

Payton could 'probably' coach during appeal

NFL commissioner Roger Goodell might allow Sean Payton to coach the Saints while he appeals his season-long suspension for his role in the team's bounties program. "I said in a letter they have to appeal by April 2, I believe," Goodell said Monday at the owners' meetings in Palm Beach, Fla. "If he decides to appeal, I probably will allow him to continue and I would expedite the hearing and I would expedite my decision." Payton's agent, Donald Yee, said "no decisions have been made about an appeal" by his client.
THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-NY Rangers	75	47	21	2	5	206	168	101	26-10-0-2	21-11-2-3	5-5-0-0	W1
d-Boston	75	44	28	1	2	244	184	91	22-13-1-1	22-15-0-1	5-5-0-0	W2
d-Florida	75	36	24	5	10	186	206	87	20-9-1-9	16-15-4-1	5-2-0-3	L3
x-Pittsburgh	75	47	22	3	3	253	195	100	27-8-2-0	20-14-1-3	8-1-1-0	W1
x-Philadelphia	76	44	24	2	6	241	213	96	21-12-1-4	23-12-1-2	6-3-0-1	L1
New Jersey	76	42	28	2	4	206	200	90	20-13-0-4	22-15-2-0	5-4-0-1	L2
Ottawa	77	39	28	6	4	236	227	88	20-15-2-2	19-13-4-2	5-3-0-2	W2
Washington	76	38	30	4	4	205	214	84	24-10-2-2	14-20-2-2	6-2-1-1	W1
Buffalo	76	37	29	4	6	197	209	84	20-11-3-5	17-18-1-1	7-1-0-2	W4
Winnipeg	76	35	33	4	4	205	223	78	23-12-1-3	12-21-3-1	4-6-0-0	L2
Tampa Bay	75	35	33	4	3	214	255	77	23-14-1-1	12-19-3-2	4-5-1-0	W3
Carolina	76	30	31	9	6	202	228	75	19-13-1-5	11-18-8-1	5-4-1-0	L2
Toronto	76	33	34	4	5	217	239	75	16-14-3-4	17-20-1-1	3-5-0-2	L1
NY Islanders	75	31	33	7	4	180	224	73	15-16-5-1	16-17-3-2	5-3-1-1	W1
Montreal	76	29	34	4	9	197	211	71	14-15-2-7	15-19-2-2	4-3-2-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-St. Louis	76	47	20	1	8	196	147	103	29-4-1-3	18-16-0-5	6-2-0-2	W1
y-Vancouver	75	45	21	2	7	229	187	99	21-10-0-4	24-11-3-2	4-5-1-0	W2
d-Dallas	76	41	30	1	4	202	202	87	22-14-0-3	19-16-1-1	6-4-0-0	L1
Detroit	76	46	25	3	2	237	187	97	30-5-1-1	16-20-2-1	3-5-2-0	W2
Nashville	76	44	24	3	5	219	199	96	24-9-2-3	20-15-1-2	6-3-0-1	W2
Chicago	76	42	26	4	4	230	220	92	26-8-1-4	16-18-3-0	7-2-0-1	L1
Phoenix	77	37	27	3	10	200	202	87	19-13-2-4	18-14-1-6	4-2-0-4	L2
Los Angeles	75	37	26	5	7	175	164	86	21-14-0-4	16-12-5-3	7-3-0-0	L1
San Jose	75	38	27	5	5	205	195	86	23-12-2-1	15-15-3-4	5-3-1-1	W2
Colorado	77	40	31	4	2	200	202	86	22-15-1-1	18-16-3-1	6-2-1-1	L2
Calgary	77	35	27	6	9	191	212	85	21-10-1-5	14-17-5-4	5-1-2-2	W1
Anaheim	76	32	33	5	6	191	212	75	20-17-2-0	12-16-3-6	4-5-1-0	L1
Minnesota	75	31	34	2	8	159	207	72	17-15-1-3	14-19-1-5	3-7-0-0	L2
Edmonton	76	31	36	3	6	206	223	71	18-15-2-3	13-21-1-3	5-2-1-2	W2
Columbus	76	24	45	2	5	177	250	55	14-21-1-2	10-24-1-3	3-7-0-0	L2

x — clinched playoff berth; **d** — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Calgary 5 Dallas 4
Ottawa 6 Winnipeg 4
Detroit 7 Columbus 2
Tampa Bay 5 Philadelphia 3
Los Angeles at Vancouver
Colorado at San Jose

Sunday's results
Edmonton 6 Columbus 3
Washington 3 Minnesota 0
N.Y. Islanders 3 Florida 2 (SO)
Pittsburgh 5 New Jersey 2
Nashville 6 Chicago 1
Boston 3 Anaheim 2
St. Louis 4 Phoenix 0

Tonight's games
Carolina at Toronto, 7 p.m.
Chicago at New Jersey, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Buffalo at Washington, 7 p.m.
Tampa Bay at Boston, 7:30 p.m.
Florida at Montreal, 7:30 p.m.
Nashville at St. Louis, 8 p.m.
N.Y. Rangers at Minnesota, 8 p.m.

Tomorrow's games
N.Y. Rangers at Winnipeg, 7 p.m.
Detroit at Columbus, 7:30 p.m.
Los Angeles at Calgary, 9 p.m.
Dallas at Edmonton, 9:30 p.m.
Colorado at Vancouver, 10 p.m.
San Jose at Anaheim, 10 p.m.

Thursday's games
Washington at Boston, 7 p.m.
Philadelphia at Toronto, 7 p.m.
Tampa Bay at New Jersey, 7 p.m.
Pittsburgh at N.Y. Islanders, 7 p.m.
Florida at Minnesota, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
San Jose at Phoenix, 10 p.m.

SENATORS 6, JETS 4

First Period
1. Ottawa, Neil 12 (Spezza, Karlsson) 19:34
Penalties — Burmistrov Wpg (boarding) 1:48, Gonchar Ott (tripping) 14:57.
Second Period
2. Ottawa, Daugavins 5 (Condra, Smith) 1:53
3. Winnipeg, Miettinen 3 (Bogosian, Wellwood) 3:02
4. Winnipeg, Wellwood 16 (Kane, Hainsey) 6:54
5. Ottawa, Turris 10 (Spezza, Gonchar) 17:26
6. Winnipeg, Miettinen 4 (Slater, Glass) 17:46
Penalties — Kuba Ott (tripping) 2:38, Spezza Ott (tripping) 12:05, Enstrom Wpg (interference) 13:09, Spezza Ott (tripping) 14:56.
Third Period
7. Ottawa, Alfredsson 25 (Karlsson) 2:54
8. Winnipeg, Kane 29 (Wellwood) 17:03
9. Ottawa, Alfredsson 26 (Kuba, Turris) 17:27
10. Ottawa, Michalek 34 19:26 en
Penalties — None.
Shots on goal by

Ottawa	10	11	14	35
Winnipeg	13	17	18	48

Goal — Ottawa: Anderson (W,31-20-6). Winnipeg: Pavelec (L,28-27-7).
Power plays (goals-chances) — Ottawa: 0-2; Winnipeg: 0-4.
Referees — Dennis LaRue, Dan O'Rourke.
Linesmen — Brad Kovachik, Thor Nelson.
Attendance — 15,004 at Winnipeg.

FLAMES 5, STARS 4

First Period
1. Dallas, Benn 25 (Ott) 0:26
2. Calgary, Jokinen 22 (Stempniak, Glencross) 6:53 (pp)
Penalties — Daley Dal (high-sticking) 5:51, Giordano Cal (hooking) 8:42, Butler Cal (high-sticking) 11:17, Robidas Dal (tripping) 17:28.
Second Period
3. Dallas, Benn 26 (Burish, Pardy) 0:44
4. Calgary, Comeau 5, 9:16
5. Calgary, Cammalleri 17 (Iginla, Babchuk) 10:01
6. Dallas, Ribeiro 17 (Ryder, Goligoski) 14:29
7. Calgary, Giordano 9 (Iginla, Cammalleri) 16:58 (pp)
8. Calgary, Tanguay 13 (Cammalleri, Giordano) 19:32 (pp)
Penalties — Souray Dal (high-sticking) 2:16, Cammalleri Cal (tripping) 3:43, Ribeiro Dal (tripping) 4:40, Burish Dal (slashing), Hannan Cal (roughing) 10:30, Pardy Dal (roughing), Stempniak Cal (slashing) 13:37, Robidas Dal (tripping) 14:59, Ott Dal (tripping) 18:33.
Third Period
9. Dallas, Larsen 2 (Souray, Ott) 5:24 (pp)
Penalty — Giordano Cal (holding) 3:52.
Shots on goal by

Dallas	17	10	12	39
Calgary	13	17	5	35

Goal — Dallas: Lehtonen (L,31-18-4); Calgary: Kiprusoff (W,34-20-11).
Power plays (goals-chances) — Dallas: 1-4; Calgary: 3-6.
Referees — Dan O'Halloran, Dennis LaRue.
Linesmen — Ryan Galloway, Tim Nowak.
Att. — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	Pt
Malkin, Pgh	46	51	97
Stamkos, TB	52	35	87
Giroux, Pha	27	59	86
Spezza, Ott	31	47	78
Kessel, Tor	36	41	77
Neal, Pgh	35	41	76
Kovalchuk, NJ	32	43	75
Tavares, NYI	31	44	75
Hossa, Chi	29	45	74
Eberle, Edm	32	41	73
Karlsson, Ott	19	54	73
H.Sedin, Vcr	13	60	73
Ra.Whitney, Phx	23	48	71
Thornton, SJ	16	55	71
Elias, NJ	25	45	70
Gaborik, NYR	37	31	68
Eriksson, Dal	26	42	68
E.Staal, Car	23	45	68
D.Sedin, Vcr	30	37	67
Pominville, Buf	28	39	67
Lupul, Tor	25	42	67
St. Louis, TB	23	43	66
Kopitar, LA	24	41	65
Parenteau, NYI	16	49	65
Hartnell, Pha	35	29	64
Moulson, NYI	34	30	64
Parise, NJ	30	34	64
Sharp, Chi	30	34	64
Selanne, Ana	24	39	63
Iginla, Cal	31	31	62
Filppula, Det	23	39	62
Zetterberg, Det	21	41	62
Ovechkin, Wash	36	25	61
Seguin, Bos	26	34	60
P.Kane, Chi	20	40	60
Datsyuk, Det	17	43	60
Wheeler, Wpg	17	43	60
Marleau, SJ	28	31	59
Benn, Dal	24	35	59
B.Richards, NYR	24	35	59
Purcell, TB	20	39	59
Ryder, Dal	33	25	58
Couture, SJ	30	28	58
Pacioretty, Mtl	30	28	58
O.Jokinen, Cal	21	37	58
Ribeiro, Dal	16	42	58
Perry, Ana	35	22	57
Toews, Chi	29	28	57
P.Bergeron, Bos	20	37	57
Erat, Nash	18	39	57

Not including last night's games

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Chicago	40	11	.784	—
d-Miami	35	13	.729	3½
Orlando	32	18	.640	7½
d-Philadelphia	27	22	.551	12
Indiana	29	19	.604	9½
Atlanta	30	20	.600	9½
Boston	27	22	.551	12
New York	25	25	.500	14½
Milwaukee	22	27	.449	17
Cleveland	17	29	.370	20½
Detroit	17	32	.347	22
Toronto	16	34	.320	23½
New Jersey	16	35	.314	24
Washington	11	38	.224	28
Charlotte	7	40	.149	31

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	37	12	.755	—
d-San Antonio	33	14	.702	3
d-L.A. Lakers	30	19	.612	7
L.A. Clippers	27	21	.563	9½
Dallas	28	22	.560	9½
Memphis	26	21	.553	10
Utah	27	23	.540	10½
Denver	27	23	.540	10½
Houston	26	23	.531	11
Phoenix	25	24	.510	12
Minnesota	24	26	.480	13½
Portland	23	26	.469	14
Golden State	20	27	.426	16
Sacramento	17	31	.354	19½
New Orleans	12	36	.250	24½

d-division leader
x-clinched playoff spot

Last night's results
Boston 102, Charlotte 95
Indiana 105, Miami 90
Orlando 117, Toronto 101
Detroit 79, Washington 77
Utah 105, New Jersey 84
New York 89, Milwaukee 80
Denver 108, Chicago 91
Sacramento at Houston
New Orleans at L.A. Clippers

Tonight's games
Cleveland at Philadelphia, 7 p.m.
Minnesota at Memphis, 8 p.m.
Atlanta at Milwaukee, 8 p.m.
Houston at Dallas, 8:30 p.m.
Oklahoma City at Portland, 10 p.m.
San Antonio at Phoenix, 10 p.m.
L.A. Lakers at Golden State, 10:30 p.m.

GOLF

WORLD RANKING

Through March 25

1. Luke Donald	Eng	9.87
2. Rory McIlroy	NIr	9.72
3. Lee Westwood	Eng	8.02
4. Martin Kaymer	Ger	5.76
5. Steve Stricker	USA	5.71
6. Tiger Woods	USA	5.59
7. Charl Schwartzel	SAf	5.17
8. Justin Rose	Eng	5.13
9. Webb Simpson	USA	5.10
10. Adam Scott	Aus	4.96
11. Jason Day	Aus	4.95
12. Dustin Johnson	USA	4.91
13. Graeme McDowell	NIr	4.90
14. Hunter Mahan	USA	4.86
15. Phil Mickelson	USA	4.68
16. Bill Haas	USA	4.56
17. Matt Kuchar	USA	4.55
18. Bubba Watson	USA	4.54
19. Nick Watney	USA	4.18
20. Keegan Bradley	USA	4.11

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Toronto	19	4	.826
Detroit	15	4	.789
Oakland	14	5	.737
Los Angeles	14	9	.609
Seattle	12	8	.600
New York	13	9	.591
Kansas City	13	11	.542
Baltimore	10	9	.526
Boston	11	10	.524
Minnesota	13	12	.520
Chicago	10	13	.435
Tampa Bay	7	14	.333
Texas	7	16	.304
Cleveland	6	15	.286

NATIONAL LEAGUE

	W	L	Pct
St. Louis	13	7	.650
Los Angeles	12	8	.600
San Francisco	14	10	.583
San Diego	15	11	.577
Colorado	13	10	.565
Houston	11	12	.478
Chicago	12	14	.462
Milwaukee	10	12	.455
Miami	8	10	.444
Philadelphia	10	13	.435
Cincinnati	10	15	.400
Arizona	9	14	.391
Atlanta	8	14	.364
Pittsburgh	8	14	.364
Washington	7	13	.350
New York	6	14	.300

Yesterday's results
Tampa Bay 10, Minnesota 4
N.Y. Mets 6, St. Louis 3
Washington 7, Houston 4
Boston 6, Philadelphia 0
Detroit 3, Miami 3, tie, 10 innings
Milwaukee 6, Cleveland 5
Colorado 6, L.A. Angels 2
San Francisco 4, Kansas City 2
Chicago Cubs (ss) 2, San Diego 0
L.A. Dodgers 4, Chicago White Sox 3
Arizona 3, Chicago Cubs (ss) 2
Baltimore 4, Pittsburgh 1
Texas 12, Cincinnati 2

Today's games
Detroit vs. Houston, 1:05 p.m.
Pittsburgh vs. Philadelphia, 1:05 p.m.
Washington vs. Miami, 1:05 p.m.
Minnesota vs. Baltimore, 1:05 p.m.
Atlanta vs. N.Y. Mets, 1:10 p.m.
Tampa Bay vs. Boston, 1:35 p.m.
Kansas City vs. Milwaukee, 4:05 p.m.
L.A. Dodgers vs. San Diego (ss) at Peoria, Ariz., 4:05 p.m.
Cleveland vs. Chicago White Sox, 4:05 p.m.
Chicago Cubs vs. Cincinnati, 4:05 p.m.
San Diego (ss) vs. Texas, 4:05 p.m.
L.A. Angels vs. San Francisco, 4:05 p.m.
Colorado vs. Arizona, 4:10 p.m.
Toronto vs. N.Y. Yankees, 7:05 p.m.

LACROSSE

NLL

Sunday's results
Colorado 16 Philadelphia 15 (OT)
Washington 20 Minnesota 13

Friday, March 30
Calgary at Minnesota, 8:30 p.m.

Saturday, March 31
Colorado at Rochester, 1:05 p.m.
Toronto at Buffalo, 7:30 p.m.
Minnesota at Edmonton, 9 p.m.
Washington at Calgary, 9 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE
DETROIT TIGERS — Optioned RHP Jacob Turner to Toledo (IL). Reassigned RHP Chris Bootcheck, INF Audy Ciriaco, INF Argenis Diaz, INF Ryan Strieby and OF Quintin Berry to minor league camp.
MINNESOTA TWINS — Reassigned RHP Brendan Wise to minor league camp.

NATIONAL LEAGUE
CHICAGO CUBS — Agreed to terms with RHP Shawn Camp on a minor league contract.
MILWAUKEE BREWERS — Returned C Mike Rivera to minor league camp.
SAN DIEGO PADRES — Placed INF Logan Forsythe on the 15-day DL. Reassigned RHP Brad Boxberger to minor league camp.

FOOTBALL

CFL
WINNIPEG BLUE BOMBERS — Re-elected Jeff Thompson to the board of directors.

HOCKEY

NHL
CHICAGO BLACKHAWKS — Recalled G Carter Hutton from Rockford (AHL).
NEW YORK RANGERS — Agreed to terms with F Andrew Yogan.

SOCCER

MLS
SPORTING KANSAS CITY — Waived F Birahim Diop.

SOCCER

MLS

Friday, March 30
FC Dallas at D.C. United, 7:30 p.m.

Saturday, March 31
Columbus at Toronto FC, 2 p.m.
Montreal at New York, 4 p.m.
Vancouver at Philadelphia, 7 p.m.
San Jose at Seattle FC, 10 p.m.
Real Salt Lake at Portland, 10 p.m.
New England at Los Angeles, 11 p.m.

ENGLAND

PREMIER LEAGUE
Yesterday's result
Manchester United 1 Fulham 0

SPAIN

PRIMERA DIVISIÓN
Yesterday's result
Granada 0, Sevilla 3

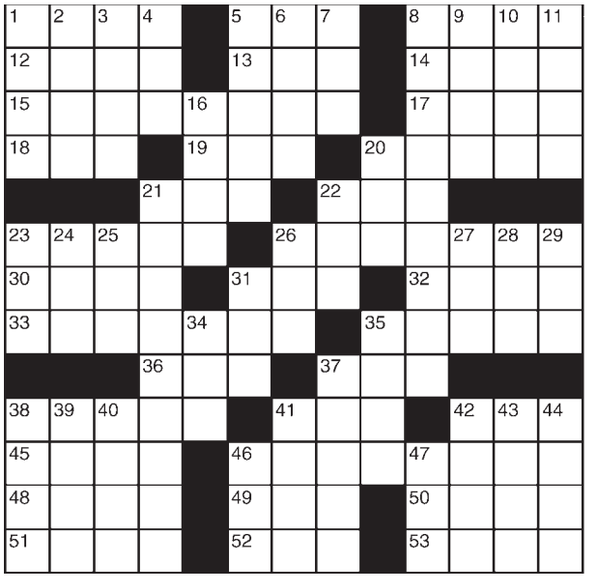
PORTUGAL

LIGA
Yesterday's results
Maritimo 3 Gil Vicente 2
Braga 2 Academica 1

CONCACAF

U23 TOURNAMENT
Canada 1 Cuba 1
United States 3 El Salvador 3

Crossword



Across

1 Sweater eater
5 Sinful
8 Robbers' foes
12 Emanation
13 Leading lady
14 Picnic hamperer
15 Medieval launcher
17 "Beetle Bailey" dog
18 Superlative suffix
19 De-pressed
20 "Nonsense!"
21 Upper limit
22 Egos' counterparts
23 Abrasive powder
26 Belgian —
30 Long car
31 Moving vehicle
32 Greek vowel
33 Befuddle
35 Church musicmaker
36 Chicago team, for short
37 Mimic
38 Off-spring
41 Winter ailment
42 Frequently, in verse
45 Corporate symbol
46 Goalpost piece
48 PC maker
49 Clumsy sort
50 Long sandwich
51 Lincoln in-law
52 Mel of Cooperstown
53 Watched

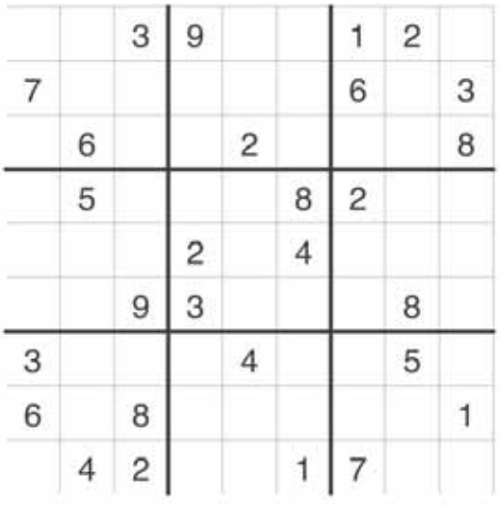
Down

1 Spiked club
2 Not just mine
3 Race-horse's gait
4 Owns
5 Jazz style
6 Acknowledge
7 Morning moisture
8 Rapid exchange of words
9 Inauguration recitation
10 Pocket bread
11 Frosty's makeup
16 Do in
20 Sharable file
21 Arthur Wynne creation
22 Author Fleming
23 Sprite
24 Wire measure
25 Ostrich's cousin
26 1940s headline word
27 Journal
28 Schedule abbr.
29 — Diego
31 Irritate
34 Heavy weight
35 Piece of work
37 Soaring
38 Bed-frame piece
39 Somewhat, to the maestro
40 Worn
41 "Animal House" house
42 Do as you're told
43 Passenger's payment
44 Walked (on)
46 Bill and —
47 That woman

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Yesterday's answer

Sudoku



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

Send a kiss

- **To Music.** if not for music, and its healing purposes as well as other methods. Music is by far the best route. To experiencing new magic at new beginnings, to knowing what it feels like in leaving. To each and every day — music is by far the best medicine for the soul besides praying to a higher power! good night everyone and hug someone it feels good, or smile — that feels good too. if all alone, you're not completely all alone! Wow, that was the longest, darkest tunnel ever crawled thru! There is the light! No, am not paying attention to past posts! am doing own thing.....Rock n Roll. From Music Lover
- **Wish/Wash.** You can hold your convictions but you know that when you see me next, you're going to shatter. From True/Steady
- **You Missed.** You'll get all you want if you go after it again. From Will
- **Josh's friend.** You sound cute! Tell Josh that if I wasn't hopelessly in love with him, I might date you! Tell 'em my phone number is listed under "interests" on LinkedIn. From Julie

Weather

TUESDAY	WEDNESDAY	THURSDAY
MAX: 9° MIN: -2°	MAX: 13° MIN: 0°	MAX: 12° MIN: -1°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Horoscope

Aries | March 21 - April 20. Think about your next move, but don't make it yet.

Taurus | April 21 - May 21. Stay calm and refuse to panic. It may appear as if your world is being turned upside down but you should know by now that appearances are often deceptive.

Gemini | May 22 - June 20. Someone who does not share your open and optimistic way of looking at the world will challenge your viewpoint today, but you don't have to prove anything to anyone.

Cancer | June 21 - July 22. Start laying the groundwork for your future success.

Leo | July 23 - Aug. 22. So many changes are happening in your world that you can, if you wish, make a few major changes of your own.

Virgo | Aug. 23 - Sept. 22. Make a conscious effort to check the small print of everything you are working on today, especially if there is money involved.

Libra | Sept. 23 - Oct. 22. Do you know what you want? And do you believe you are capable of getting it? If the answer to both those questions is "yes" then you will begin to experience real success.

Scorpio | Oct. 23 - Nov. 21. It's time to start tackling all those things you have been avoiding.

Sagittarius | Nov. 22 - Dec. 21. If you need to say something of a delicate nature to a friend or family member, now is the time to speak up.

Capricorn | Dec. 22 - Jan 20. You may feel rather left out of things at the moment but in a way that's a good thing because it gives you time to think.

Aquarius | Jan. 21 - Feb 18. Treat yourself to some quiet "me time" away from the rat race. You've earned it.

Pisces | Feb. 19 - March 20. What other people see as a crisis doesn't bother you in the slightest. Why? Because you can see that, in the greater scheme of things, it is of no real importance. SALLY BROMPTON

Caption Contest

"I've heard winning by a noise ... but never a toe!!"
Nancy
VINCENT THIAN/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in yesterday's Metro.

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